

**KING
DAVID'S**

**RECIPE
COLLECTION**

Pick
P'n
ay



King David Primary School

Linksfield

We, the Pupils of King David Primary School, Linksfield have great pleasure in presenting King David's Recipe Collection for 1989, which bears testimony to the enthusiasm and energy of a small group on our Ladies Committee.

We have tried to present you with a recipe book which is different and which includes sections which we hope will be of special appeal to you.

Our special thanks go to all our mothers and our staff who so enthusiastically sent in their favourite recipes, to our special contributors who helped create the "Gourmet Section" and to all our sponsors and advertisers who helped in the production.

Special thanks must go to Pick 'n Pay Stores for its generous support, and especially to Brenda van der Schyff who spent much time in assisting us.

We hope that you will have many hours of successful cooking and thank you for your support.

Enjoy.

Credits

Les Saretzki — Convenor

Judy Seligmann and Cathie Potgieter — Typesetting and Litho

Joel Linton & Robyn Kopelowitz — Cover Design

Charmaine Lewitton, our Principal, the PTA including Tony Ellis, the Chairman, for their support and a special thanks to:

Sonia Ellis, Irene Fine, Debbie Jacobs, Lauren Saretzki, Lynette Sims and Becky Vinokur who spent so many hours collating, testing and arranging this publication.

Kary-



King David Primary School

Linksfield

Presents

*King David's
Recipe Collection*

September 1989

Contents

1	Conversion Table
3	Herbs & Spices
5	Cocktails & Dips
19	Starters
35	Soups
47	Fish
61	Poultry
75	Meat
91	Vegetables
103	Salads
117	Desserts
137	Cakes & Tarts
151	Biscuits & Small Cakes
167	Traditional
181	Gourmet
203	Index

Approximate Metric Equivalents for Basic Foods

	<i>Metric</i>	<i>British</i>	<i>American</i>
Almonds, blanched, whole	150 grams	5 1/2 ounces	1 cup
Baking powder	4,3 grams	1 teaspoon (approx)	1 teaspoon (approx)
	30 grams	1 ounce	2 1/2 tablespoons
Breadcrumbs, dry	90 grams	3 1/4 ounces	1 cup
Breadcrumbs, fresh	45 grams	1 1/2 ounces	1 cup
Butter	15 grams	1/2 ounce	1 tablespoon
	125 grams	4 ounces	1/2 cup
Cheese	500 grams	1 pound (generous)	1 pound (generous)
Cheese (grated)	100 grams	4 ounces (scant)	1 cup (scant)
Coffee (ground)	85 grams	3 ounces	1 cup
Cornflour	10 grams	1/3 ounce	1 tablespoon
Fish	500 grams	1 pound (generous)	1 pound (generous)
Flour (unsifted)	35 grams	1 3/16 ounces	1/4 cup
	70 grams	2 3/8 ounces	1/2 cup
	142 grams	4 3/4 ounces	1 cup
	500 grams	1 pound (generous)	3 1/2 cups
Flour (cake)	30 grams	1 ounce	1/4 cup
	60 grams	2 ounces	1/2 cup
	120 grams	4 ounces	1 cup
Fruit (fresh)	500 grams	1 pound (generous)	1 pound (generous)
Fruit (dried)	500 grams	1 pound (generous)	2 cups
Gelatine	150 grams	5 1/3 ounces	1 cup
Meats	500 grams	1 pound (generous)	1 pound (generous)
Mustard (dry)	15 grams	1/2 ounce	2 tablespoons
Raisins (seeded)	12 grams	2/5 ounce	1 tablespoon
	200 grams	6 2/3 ounces	1 cup
Raisins (seedless)	10 grams	1/3 ounce	1 tablespoon
	160 grams	5 1/3 ounces	1 cup
	500 grams	1 pound	3 cups
Rice	240 grams	8 ounces	1 cup
Spices (ground)	2 1/2 grams	1/12 ounce	1 teaspoon
	15 grams	1/2 ounce	2 tablespoons
Sugar (granulated)	5 grams	1/6 ounce	1 teaspoon
	15 grams	1/2 ounce	1 tablespoon
	60 grams	2 ounces	1/4 cup
	240 grams	8 ounces	1 cup
Sugar (castor)	34 grams	1 ounce (generous)	1/4 cup
	68 grams	2 2/7 ounces	1/2 cup
	140 grams	4 4/7 ounces	1 cup
Sugar (icing)	35 grams	1 ounce (generous)	1/4 cup
	70 grams	2 2/7 ounces	1/2 cup
	140 grams	4 4/7 ounces	1 cup
Sugar (brown)	10 grams	1/3 ounce	1 tablespoon
	80 grams	2 2/3 ounces	1/2 cup
	160 grams	5 1/3 ounces	1 cup
Vegetables (fresh)	500 grams	1 pound (generous)	1 pound (generous)
Vegetables (dried)	500 grams	1 pound (generous)	2 cups

Metrication Chart

Mass - Weight (approximately)

1/2 ounce	15 g
1 ounce	30 g
2 ounces	60 g
3 ounces	90 g
4 ounces	125 g
5 ounces	150 g
6 ounces	180 g
7 ounces	210 g
1/2 pound	250 g
1 pound	500 g
2 pounds	1 kg

Cake Tin Sizes

5 inches	125 mm
6 inches	150 mm
7 inches	180 mm
8 inches	200 mm
9 inches	230 mm
10 inches	250 mm
11 inches	280 mm
12 inches	300 mm

Fluid

1 fluid ounce	30 ml
2 fluid ounces	60 ml
1/4 pint (5 fluid ounces)	150 ml
1/2 pint	300 ml

3/4 pint	425 ml
1 pint (20 fluid ounces)	575 ml
1 1/2 pints	900 ml
1 3/4 pints	1,0 l
2 1/2 pints	2,0 l
4 pints	2,5 l

Volume

The *volume* of 1 cup flour is for example, 250 ml, but the *weight* (mass) is 140 g.

1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	125 ml
2/3 cup	170 ml
3/4 cup	190 ml
1 cup	250 ml
2 cups	500 ml
4 cups	1 l
1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
1 teaspoon	5 ml
2 teaspoons	10 ml
3 teaspoons	15 ml
1 dessert spoon	10 ml
1 tablespoon (small)	12,5 ml
1 tablespoon (large)	15 ml

Oven Temperatures

Celsius

Fahrenheit

Very Cool

100°C	200°F
110°C	225°F
120°C	250°F

Cool

140°C	275°F
150°C	300°F
160°C	325°F

Celsius

Fahrenheit

Moderate

180°C	350°F
190°C	375°F
200°C	400°F

Hot

220°C	425°F
230°C	450°C
240°C	475°F

Very Hot

260°C	500°F
-------	-------

ABC of Herbs & Spices

Allspice or Pimento	For flavouring meats, gravies, fish, pies, sauces and all savoury dishes.
Aniseed	Cakes, biscuits and rolls.
Bay Leaves	Meat and fish dishes, curry and pickles
Bouquet Garni	A mixture of herbs such as Basil, Thyme, Marjoram, Rosemary and Origano. Fill a small bag using about 2 teaspoons of herbs, tie tightly and insert in pot. This bag can be removed before serving, leaving a fragrance of the herbs but not the unpleasant pieces.
Carraway Seed	Stewed mutton, cabbage and soups. Sprinkle over cream cheese for sandwich filling.
Cayenne	Sauces, pickles, meat, fish and egg dishes. Add cayenne to curry powder to produce extra hot curry.
Celery Salt	For soups, stews and meat dishes.
Cinnamon	Whole (stick: Stewed fruits and curries. Ground: Cakes, milk puddings, biscuits, boiled sweet potatoes.
Cloves	Whole: Stewed fruit, meat stews, fruit puddings and pies. Ground: Cakes, biscuits, puddings and pies.
Coriander	Whole: Gingerbread, cakes, poultry stuffing, meat dishes and pickled fish. Ground: Can be used in both sweet and savoury dishes.
Garlic Powder	Flavouring soups, stews, meat and gravies and in any recipe where garlic is mentioned. Use 1/2 teaspoon for a clove of garlic. Rub a little round the inside of the bowl before making a green salad.
Garlic Salt	May be used in place of plain salt in many dishes. Tomato juice, meat and vegetable dishes. Good for salad dressings.
Ginger	Ground: Cakes, biscuits, gingerbread, pies, puddings, chicken, rhubarb. Adds flavour to roast meats and vegetables.
Marjoram	Soups, sauces and useful for poultry and meat stuffings.

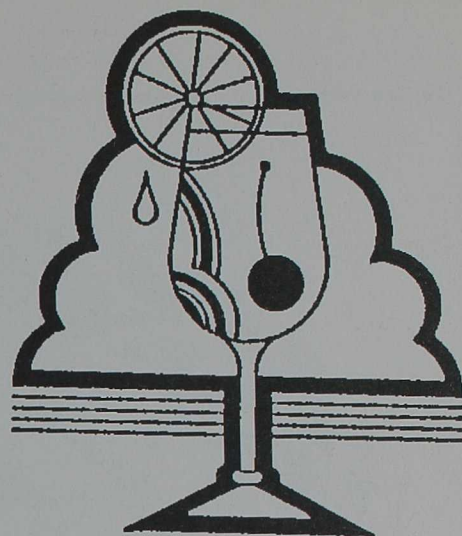
Mint	For flavouring soups, stews, stewed mutton, boiled fish. Add to water when boiling new potatoes, carrots or peas. Soak in vinegar and sugar to make mint sauce for roast lamb.
Mixed Spice	Sweet dishes, puddings and cakes.
Nutmeg	Cakes, puddings, sprinkle over milk puddings, custard. Good on cauliflower, spinach and cabbage.
Onion Powder	In place of fresh onions for flavouring meats, soups, gravies and any recipe where onions are mentioned. Use one teaspoon to a small onion.
Onion Salt	Soups, stews, steaks and all meat dishes. Rub steaks with onion salt before frying.
Oregano	Stews, gravies, etc. Add for last few minutes of cooking only.
Paprika	Meat - all roasts, fish and egg dishes, salad dressings and fish sauces, mushrooms, vegetables and as colouring matter for pale foods.
Parsley	Soups, salads, boiled fish, fish sauces and poultry stuffings.
Pepper	Whole: Black or white used in pickling, chutneys, soups and stews. Ground: Roast and stewed meats, sauces, gravies, soups. Fish, egg dishes and salads. Rub into steak before cooking. Pepper is best used fresh.
Rosemary	Lamb dishes, soups and stews.
Sage	Meat stuffings. Sprinkle over roast turkey or duck sparingly.
Saffron	To add delicious flavour and golden colour to rice, boil a pinch of saffron in water for a moment before adding rice.
Sweet Basil	An important seasoning in tomato dishes. Tomato cocktail and cheese dishes, fish salads and sauces.
Thyme	All savoury dishes. Use sparingly in soups, stews, meat dishes, boiled fish, poultry, tomatoes, dumplings and pudding crusts. Thyme and fresh sliced tomatoes go well together.
Turmeric	Use with mustard as dressing for meats, salads and for pickles and sauces.

With acknowledgements to **Toby Gottlich**

COCKTAILS & DIPS

Page No

7	Taramasalata
7	Spinach Pies
8	Filled French Bread
8	Hot Herb Loaf
9	Savoury French Loaf
9	French Loaf Starter
10	Quick Pizza Pies
10	Easy Bourekas
10	Sweet Cheese Ball
11	Savoury Cheese Ball
11	The Royal Cheese Ball
12	Cheese Puffs
12	Crumbed Mushrooms
13	Lyonnais Roquefort Ring
13	Caviar and Egg Delight
14	Liver Paté
14	Snoek Paté
15	Tuna Boat
15	Curried Chicken Balls
16	Smoked Mackerel Dip
16	French Asparagus Dip
16	Brinjal Dip
17	Garlic Cheese Dip
17	Avocado Dip
18	Tahina Sauce
18	Brinjals in Mayonnaise





1959-1989

SOUTH AFRICA'S LEADING ELECTRICAL DISTRIBUTORS

SUPPLIERS TO DISTRIBUTORS OF

- Electrical contractors • Industries • Mines • Municipalities • Retailers • Hardware Stores
- Circuit breakers and earth leakage equipment • Cable and wire • Conduit and fittings
- Switches, wiring accessories • Lamps and lighting equipment • Motor control/switchgear
- Power skirting/ducting • Industrial electronics • Tools

HEINEMANN	<i>Zuchs</i>	THORN EMI Lighting	PHILIPS 	Crabtree
fl@lite	<i>Sakabel</i> 	 	LUMEX 	LITEMASTER

64 BRANCHES NATIONWIDE

HEAD OFFICE: **ELCENTRE CORPORATION LIMITED**

19 Siemert Road, Doornfontein, PO Box 4403, Johannesburg 2000. Telephone (011) 402-1600. Telex 4-22656 ECHO SA. FAX (011) 402-3668



Taramasalata

250 g fish roe
6-8 medium sized boiled
potatoes or 4 thick slices
bread
125 ml sunflower seed oil
15 ml olive oil
125 ml lemon juice
1 small onion
water from boiled potatoes

Boil potatoes until soft (or soak 4 slices of bread in 250 ml water).

Place onion, olive oil, sunflower seed oil and lemon juice in a liquidiser and blend together. Slowly add potatoes while still hot and water as required. Lastly add fish roe and mix well until it becomes soft and fluffy. (Do not overbeat). Place in a bowl and decorate with parsley, capers and olives.

Spinach Pies

Dough:

1 cup oil
1 1/2 cups iced water
1 1/2 t salt
1 cup grated cheddar cheese
1/2 cup sesame seeds
flour to make a firm dough

Filling:

2 1/2 cups grated cheese
3 1/2 cups finely chopped
cooked spinach
1/4 cup sesame seeds
1 egg

Mix oil, water, cheese, sesame seeds and salt. Add flour to make a firm dough. Form into small balls and leave for 15 minutes in fridge.

Mix cheese and spinach.

Roll out dough and fill with cheese and spinach mixture.

Brush with egg yolk.

Sprinkle with sesame seeds and bake at 180°C for 40 minutes.



Filled French Bread

1 french loaf (1 day old)

Cheese Filling:

1/2 lb cream cheese

2 T sweet cream

1 T finely diced spring onion

1 T finely diced pickled
cucumber

salt, pepper to taste

Salmon Filling:

1 tin salmon, drained and
flaked

2 T mayonnaise

1 T chopped parsley

1 T grated onion

salt and pepper to taste

Cut the French loaf in half and then into quarters.

With a sharp knife, pull out the soft bread leaving a shell of crust. Fill two of the breads with the cheese stuffing and two of the breads with the salmon filling.

Wrap each bread in silver foil and place in the freezer.

Remove about 1 hour before required and slice thinly.

Arrange slices attractively on platter.

Hot Herb Loaf

1 french loaf

250 g butter

1 t mixed dried herbs

juice of 1/4 lemon

black pepper

little crushed garlic (optional)

Cream the butter with the herbs, lemon juice and seasoning.

Cut the loaf in even, slanting slices about 3-5 cms thick. Spread each slice generously with the butter mixture and reshape the loaf, spreading any remaining butter over the top and sides before wrapping in foil. Bake for 10 minutes in a hot oven at 220°C. Then reduce oven setting to 200°C and open the foil so that the bread browns and crisps. This should take a further 5-8 minutes.



Savoury French Loaf

1 french loaf
1 tin salad cut asparagus
(drained) or tuna
3 cups grated cheese (keep
some as topping)
2 T mayonnaise
salt and pepper to taste
pinch of garlic salt
paprika

Mix together all ingredients. Hollow out french loaf - not too much or it will collapse. Fill with mixture and sprinkle with grated cheese and paprika.

Place under grill to melt and brown.

French Loaf Starter

1 french loaf
3 T butter
1 tin anchovies
mozzarella cheese
2 t mixed herbs

Slice french loaf three-quarter way down. Slice mozzarella cheese thinly and place between slices of bread. Melt butter and mixed herbs. Pour over french loaf. Place anchovies on top in a criss-cross position. Cover in foil and bake at 180°C for approximately 15 minutes.



Quick Pizza Pies

(can use frozen puff pastry)

500 g margarine

3 cups flour

pinch salt, pepper and sugar

1 cup boiling water

1 small tin tomato puree

mixed herbs

cheddar cheese - grated

anchovies

stuffed olives

Grate margarine into flour and salt. Add boiling water and knead dough. Place in refrigerator until firm.

Roll out dough and cut into small circles or roll dough to fit into a round baking dish. Spread tomato puree over, sprinkle with sugar, salt, pepper, mixed herbs and cheese. Lay anchovies criss-cross and decorate with sliced stuffed olives. Bake at 200°C for 20 minutes. Serve hot.

Easy Bourekas

1 pkt flaky pastry

Filling:

mashed potatoes

250 g feta cheese

1 egg

3 T smooth cottage cheese

Roll out flaky pastry - not too thin.

Cut into squares. Put 1 spoon filling onto each square and fold into triangles.

Brush with beaten egg and bake at 230° for 5 minutes and turn down to 180° for 10 minutes.

Sweet Cheese Ball

2 cartons smooth cream cheese

1 pkt vanilla instant pudding

1 medium tin crushed

pineapple - drained

1 medium tin fruit cocktail; -
drained

1/2 pkt flaked almonds
browned in oven.

Mix cream cheese by hand to soften. Add vanilla pudding, pineapple, fruit cocktail by hand. Refrigerate for a while. Roll into two balls. Decorate with almonds and various fruits surrounded by crackers.

Deep freezes very well.

Makes 2 and can be halved



Savoury Cheese Ball

250 g smooth cream cheese
60 g blue cheese
1/2 cup celery - finely
chopped
small onion - grated

Soften cream cheese. Grate in the blue cheese and mix well.

Add celery and onion and mix again.

Make into a round ball, wrap in gladwrap and place in fridge or freezer.

Take an attractive round platter, cover with butter lettuce and place the cheese ball in the centre. Decorate with crudites (mushrooms, celery, green cucumber, fresh cauliflower, radishes and crackers of your choice). Serve with drinks.

The Royal Cheese Ball

250 g smooth cottage cheese
100 g blue cheese
6 T grated cheddar cheese
100 g butter
1/2 glass chopped pecan nuts

Add both cheeses in a medium sized bowl.

Add the softened butter and mix well.

Refrigerate the mixture for at least two hours until the mixture is hardened. Form a ball.

Put the chopped nuts on wax paper and roll the ball in the nuts until it is fully covered with the nuts.

Cover the ball in plastic and refrigerate until ready to serve.

Put the ball in the center of a large plate and surround with crackers.



Cheese Puffs

1 pkt puff pastry
125 g grated cheddar cheese
125 g feta cheese crumbled
1 egg
1/2 t dried mustard
mixed herbs to taste
salt and pepper to taste
sesame seeds

Mix cheeses, egg, salt and pepper, etc together in a bowl. Adjust seasoning as desired.

Roll out puff pastry. Cut out rounds with pastry cutter. Place cheese mixture on half of a circle. Fold over to form half-moon shape and seal. Brush top with beaten egg yolk and sprinkle with sesame seeds. Bake at 180° for 20 minutes or until puffy and golden.

Crumbed Mushrooms

1 punnet button mushrooms
1 egg - beaten
seasoned bread crumbs

Dip mushrooms in egg.

Coat with bread crumbs. Place on non-stick baking sheet in fridge for 1/2 - 1 hour.

Fry in hot oil till golden. Serve on toothpicks with tartare sauce.



Lyonnaise Roquefort Ring

1 full T gelatine
 1/2 cup cold water
 250 ml sour cream
 1/3 cup mayonnaise
 1 1/2 T lemon juice
 2 t worcester sauce
 1 1/2-2 T tomato sauce
 1/2 t paprika
 1 sachet orly whip or cream
 1/4 t black pepper
 few drops peri-peri
 2 T finely chopped onion
 1 1/4 cups grated cheddar
 cheese
 2 hardboiled eggs - grated
 60 g roquefort or blaukrantz

Place gelatine and water in pot and dissolve gelatine by melting slowly on stove. Remove from heat and allow to cool. In the meantime, combine sour cream, mayonnaise, lemon juice, worcester sauce, tomato sauce, paprika, pepper, salt, peri-peri, onion, egg and cheeses. Fold in the cooled gelatine and then the stiffly beaten orly whip. (If necessary, adjust seasonings to taste).

Brush a plastic bowl or a mould with oil, then pour in the mixture and allow to set in refrigerator. Unmould onto a flat platter and decorate as desired with lettuce, extra grated cheese, olives, etc., and serve with assorted savoury biscuits or fresh vegetables.

Caviar and Egg Delight

7 hard-boiled eggs
 1/4 cup mayonnaise
 250 ml sour cream
 1 1/2 cups of finely chopped
 spring onion (green part only)
 2 cartons cream cheese
 1 medium jar black caviar
 salt, pepper, peri-peri sauce
 stuffed olives

Grease a 20 cm springform tin. Chop eggs and combine with the mayonnaise, salt, pepper to taste and a few drops peri-peri sauce. Spread evenly on bottom of the greased tin. Make a layer of the spring onion on top of the egg layer. Add a layer of the cheese and cream which have been combined and well seasoned. Cover and chill for a few hours. When ready to serve, remove sides of tin and spread top with the black caviar in circles and edge with finely sliced stuffed olives. Serve with assorted biscuits or melba toast.



Liver Paté

250 g chicken livers
1 hard boiled egg
1 T brandy
salt, pepper to taste
1 onion sliced
1 T oil
1 T margarine

Fry chicken livers in a little oil. Do not drain.
Fry onions in oil/margarine mixture till glassy and soft.
Place liver, onions and remaining ingredients into food processor. Add brandy if desired.
Process few seconds till well blended.
Serve as desired.

Snoek Paté

500 g snoek (deboned)
1 onion - chopped
1 clove garlic - crushed
125 g margarine
2 T mayonnaise
juice of 1/2 lemon
1/4 t black pepper
1-2 drops peri-peri sauce
pinch of mustard powder
125 ml cream

Sauté onion and garlic in margarine.
Place in food processor with deboned snoek, and blend well.
Combine the rest of the ingredients and mix well.
Decorate with lemon and gherkins.
Serve with wholewheat bread or melba toast.



Tuna Boat

- 2 small french loaves
- 2 tins tuna/salmon
- 1 tin mushrooms
- 1 tin salad cut asparagus
- 1 tomato
- 2 pickled cucumbers
- 10 black olives
- 1 cup cheddar cheese

Dressing:

- 3/4 - 1 cup thousand island dressing
- 1/4 cup greek salad dressing
- pinch mixed herbs
- garlic and onion flakes

Cut french loaves in half and butter.

Flake tuna or salmon and add finely chopped mushrooms, tomato and pickled cucumbers.

Add asparagus and cheese.

Spread halves with tuna mixture and close. Push olives into holes on top of loaves to decorate. Place loaves on tinfoil. Cut into portions and close foil.

Bake at 160°C for 20 minutes and serve hot with dressing.

Curried Chicken Balls

- 500 g raw chicken, minced (use chicken schnitzels)
- 1 small onion, minced
- salt, pepper to taste
- chicken spice
- 1-1 1/2 t curry powder
- 1 egg

Mix all ingredients and form into very small balls. Fry in oil till lightly browned.

Serve on toothpicks with a mixture of mayonnaise and chutney for dipping.



Smoked Mackerel Dip

1 pkt peppered mackerel
2 tins tuna fish
mayonnaise to blend

good.

Mix all ingredients together in magimix or blender until a smooth creamy consistency. Serve with bread sticks or snack breads. Not necessary to add any seasoning as peppered mackerel is well seasoned.

French Asparagus Dip

250 g cream cheese
2 t curry powder
1 t prepared mustard
470 g tin green asparagus tips
2 t chopped parsley
1/4 cup mayonnaise
2 t lemon juice
1/2 cup sour cream
1/2 pkt french onion soup mix
salt and pepper

Beat cheese, cream, mayonnaise until smooth. Drain asparagus (reserve 1/4 cup of asparagus juice).

Chop asparagus, add to cheese mixture with reserved juice, curry powder, dry soup mix, lemon juice, parsley and mustard.

Season with salt and pepper.

Refrigerate for approx. 1 hour before serving.

Brinjal Dip

6 brinjals
3 cloves of garlic
6 pecan nuts
2 T vinegar
3/4 cups oil
salt to taste

Grill brinjals on bottom rack till soft. Cool and peel. Strain overnight with dishcloth and strainer. Peel garlic and pecan nuts. Put all into liquidiser. Add vinegar, oil and salt.



Garlic Cheese Dip

1 clove garlic
 1/4 small onion (or chives)
 1/2 cup creamed cottage
 cheese
 1/2 cup mayonnaise
 1 t worcestershire sauce
 dash of salt and pepper
 1/8 t basil
 1/8 t origanum
 1/8 t dill weed (optional)

In magimix or blender, drop garlic and onion through feed tube while machine is running. Process until minced. Scrape down sides of bowl.

Add cottage cheese and process until fairly well creamed, scraping down bowl.

Add remaining ingredients and process about 8-10 seconds longer. Chill.

Serve with raw vegetables, biscuits or crisps.

Avocado Dip

1 large avocado pear
 juice of two lemons
 1 t salt
 3 T mayonnaise
 1 T chopped green peppers
 1 t minced onion

Halve the avocado pear.

Remove pip and scoop out all the pulp.

Mash pulp well with fork and blend in lemon juice, salt, minced onion and green pepper.

Fold in mayonnaise, mixing thoroughly.

Serve with biscuits, celery sticks, carrot sticks, potato crisps or melba toast.



Tahina Sauce

1 cup of tahina
 2/3 cups of water
 1/3 cup lemon juice
 2 garlic cloves
 1 t salt
 1/4 t black pepper

Put the tahina in a bowl. Add the water slowly, stirring constantly.

Add the lemon juice and continue stirring briskly until tahina becomes smooth.

Add the garlic and the rest of the spices.

Brinjals in Mayonnaise

2 medium size brinjals
 2 T lemon juice
 1 crushed garlic clove
 2/3 cups of mayonnaise
 2 T chopped parsley
 1 1/2 t salt
 1/4 t black pepper

Grill the unpeeled brinjals for about 40 minutes, turning them over every few minutes.

The brinjals are ready when their skin is very dark and soft to the touch.

When ready, cool slightly and skin the brinjals.

Mash the brinjals and add the lemon juice.

Add the rest of the ingredients.

Taste and add salt if necessary.

Keep in refrigerator in a covered dish.

STARTERS

Page No



21	Salmon Mousse
21	Snoek Mousse
22	Tuna Mould
22	Savoury Stuffed Eggs
23	Savoury Gateau
24	Pineapple Fish
25	Avocado Flan
25	Peri Peri Chicken Livers
26	Savoury Tart
26	Onion Tart
27	Leek Quiche
27	Spinach Noodle Casserole
28	Spinach Ricotta Pie
29	Tuna and Asparagus Roll (Pashtida)
29	Hot Fried Savoury Asparagus
30	Asparagus Pie
30	Hot Asparagus Tart
31	Baked Asparagus Roll
31	Snoek Tart
32	Mushroom Tart
33	Salmon Blinis
34	Pattanesca Pasta



WHAT'S FLUFFY, WHITE AND SEPARATE AND MAKES FAMILIES GROW TOGETHER?

Kids love it. Dads love it. Mothers cook perfectly with it. It'll even grow to three times its size in front of your very eyes. And just to add to that, it contains more body-building, more energy-giving,

more family-growing vitamins than any other rice.

So, when you want to turn a handful into a plateful into a tableful, simply turn to Tastic. It's still the nicest, most perfect way to make a family grow together.



TASTIC

P E R F E C T . E V E R Y T I M E .



Salmon Mousse

1 Cup boiling water
 1/4 cup cold water
 1 sachet gelatine or 2 T Aga
 Aga
 Juice of 1 lemon
 3/4 cup mayonnaise
 1/2 teaspoon salt
 6-8 stuffed olives
 1 small pickled cucumber
 2 tins salmon
 1 T diced celery
 1/2 diced green pepper
 1/2 diced red pepper
 1/2 T minced onion

Dissolve gelatine in boiling water.

Add lemon juice, cold water and salt.

Cool till thick.

Add mayonnaise gradually and strain.

Put a thin layer into oiled mould and put in fridge to set.

When set place a layer of sliced cucumbers and olives over mayonnaise layer.

Combine salmon with other ingredients and remaining mayonnaise mixture.

Fill mould with salmon mixture and freeze till firm.

Unmould and decorate.

Snoek Mousse

1 cup cooked rice
 1 pkt smoked snoek (approx
 250 gm)
 2 chopped onions
 2 chopped pickled cucumbers
 2 chopped hard-boiled eggs
 6 T mayonnaise
 1 T lemon juice
 Sugar to taste (optional)

Mix the rice with the snoek, onions, cucumber, eggs, mayonnaise, lemon juice and sugar.

Season to taste.

Add more mayonnaise if necessary.

Lightly oil the inside of a fish mould and place the mixture in it.

Leave to stand in the fridge for a couple of hours.

Unmould and decorate with parsley, lettuce and olives.



Tuna Mould

1 tin Tuna
 10 ml lemon juice
 5 ml Worcester Sauce
 Dash garlic
 Salt and black pepper
 50 ml Orly whip or cream
 30 ml gelatine dissolved in
 125 ml boiling water
 450 ml mayonnaise
 1 hard boiled egg (optional)

Combine all ingredients in blender. Mix in hard boiled egg.

Spoon mixture into wet mould.

Put into fridge.

This should be made at least 24 hours before serving so as to set.

Savoury Stuffed Eggs

6 hard boiled eggs
 1/2 T vinegar
 2 T mayonnaise
 4 T soft butter
 1 t sugar, salt to taste
 1 1/2 t curry powder
 OR
 3 tomatoes (skinned, mashed)
 1/2 cup mayonnaise
 1 t worcester sauce
 salt, pepper to taste

Cut eggs lengthways or crossways and remove yolks.

Mash eggs well and combine with ONE of the fillings.

Refill eggs and decorate with sprinkling paprika or parsley sprig.

Serve on lettuce leaves and garnish platter with carrots, pickled cucumbers, asparagus spears and stuffed olives.



Savoury Gateau

1-2 pkts salty crackers
125 g melted butter
1 tin tuna
mayonnaise
avocado pears
lemon juice
1 carton cream cheese
4-6 hard boiled eggs
spring onions
1 small carton cream
(optional)

Base

Crush crackers. Add melted butter. Mix and spread onto bottom of pie dish or springform dish.

Layer 1

In food processor combine tuna and mayonnaise till smooth.

Layer 2

Mash avocado with lemon juice and process in food processor with little mayonnaise, salt and pepper till smooth.

Layer 3

Mix cream cheese with little cream or milk to soften. Season to taste.

Layer 4

Chop hard boiled eggs in processor. Add mayonnaise, salt, pepper and few drops peri-peri till smooth consistency. (Can add spring onion to this mixture or to the cream cheese).

To assemble:

Spread crushed crackers on base of glass pie dish or in springform tin. Alternate layers of fillings, or just 4 layers spreading fillings thickly.

To decorate use sprinkled black pepper and paprika or chop parsley and garnish with pickled cucumbers and tomatoes. Refrigerate.



Pineapple Fish

1 1/2 kg minced fish
2 eggs
sugar to taste
2 1/2 cups matzo meal
salt & pepper
2 1/2 cups water

Sauce:

3/4 cup brown vinegar
2 T apricot jam
2 T tomato sauce
3/4 cup cold water
1 small tin pineapple chunks
peppercorns
bay leaves
2 t curry powder

Mix all together.
Roll into balls and fry in oil.

Boil all sauce ingredients together with bay leaves, peppercorns and curry powder for 10 minutes.

Cool and pour over fish



Avocado Flan

1 packet lemon jelly
 1 cup boiling water
 1 carton cream or orly whip
 2 mashed avocado pears
 lemon juice to taste
 salt
 freshly ground pepper
 pinch cinnamon
 2 T melted margarine
 3/4 packet crushed digestive
 biscuits (or any other crispy
 non-sweet biscuits)

Dissolve jelly in boiling water and allow to set slightly.

Whisk until light and fluffy.

Crush biscuits, mix with melted margarine, press into pie dish.

Whip cream and add fluffy jelly to it.

Add lemon juice, seasoning and cinnamon to the mashed avocado.

Fold avocado mixture into the cream and jelly mixture and adjust seasoning.

Pour into the crumb shell and allow to set and garnish with black olives, sliced radishes, etc.

Peri Peri Chicken Livers

4 containers chicken livers
 salt & pepper
 1-2 T liquid peri peri (to taste)
 1 tin tomatoes
 2 onions chopped
 1 pkt dried onion soup

Kasher livers.

Fry onions in oil until golden.

Slice tomatoes and add to onions as well as juice from tin.

Add liquid peri peri, salt, pepper and dried onion soup and a little water.

Add livers and simmer until livers are cooked (adding water so that mixture does not thicken too much)

Serve with rolls



Savoury Tart

Dough

1 cup flour
2 t baking powder
2 oz margarine
1 t sugar
1/2 cup milk

Sauce

3 t butter
3 t flour
3 cups liquid from
 2 tins asparagus
 1 tin mushrooms
 2 x 250 ml cream

Grate margarine into dry ingredients.

Add milk and mix to dough.

Line buttered dish.

Bake blind until light brown at 180°C.

Melt butter. Add flour.

Gradually add liquid and stir while thickening.

Add 2 1/2 cups grated cheese.

Add asparagus cuts and mushrooms.

Pour into dish and decorate with anchovies, capers and olives.

Bake at 180°C for 20 minutes.

Onion Tart

Pastry:

2 cups flour
1/2 t salt
3 T iced water
125 g butter
1 t baking powder
1 egg

Filling:

6-8 onions sliced
125 g Cheddar cheese
Salt and pepper
2 beaten eggs
1/4 t peri peri powder
125 g butter

Rub butter into dry ingredients.

Beat egg with water and pour into dough.

Knead and flatten into Pyrex dish.

Fry onions in butter till soft and not brown.

Remove from stove and add grated cheese.

COOL and then fold in beaten eggs, salt and pepper.

Optional, but not necessary — just before baking add 1/4 pint sweet cream. Pour onto pastry and bake for 20 to 30 minutes at 180°C.



Leek Quiche

Puff Pastry
45 g butter
4 small leeks
45 g extra butter
1 clove garlic
125g feta cheese
2/3 cup cream
3 eggs
pepper

Line pie dish with puff pastry. Brush with melted butter. Trim ends from leeks, leave about 5cm of green tops.

Slice leeks finely, wash well under cold running water, drain well.

Melt extra butter in pan and add leeks and crushed garlic. Cook about 5 minutes over low heat until leeks are just tender.

Add grated cheese, cream and lightly beaten eggs, mix well and season with pepper.

Pour mixture into pastry. Bake in moderate oven 30 minutes or until golden brown.

Spinach Noodle Casserole

250 g fine noodles
250 g frozen chopped spinach
500 ml sour cream
garlic salt
1 onion chopped
1 can mushroom soup
margarine
salt and pepper

Boil noodles in salt water. Rinse with cold water.

Cook spinach with salt and pepper
Drain well.

Saute onions in margarine.

Melt 40 g margarine in a casserole dish.

Mix noodles, spinach, sour cream, soup and garlic salt.

Put into a casserole dish.

Cover with tin foil.

Bake at 175°C for 30 minutes.



Spinach Ricotta Pie

Crust:

1 cup flour
1/3 cup cold butter - salted
3 T cold buttermilk

Rub together 1 cup flour (you can mix whole wheat and white), and 1/3 cup cold butter. When mixture is blended, add 3 T cold buttermilk (or water), enough so that mixture holds together to form a ball.

Chill dough for one hour.

Filling

500 g ricotta cheese
1/2 t salt
1/2 t basil
1 cup sour cream
paprika
3 beaten eggs
1/2 lb chopped spinach
3 T flour
1/2 cup grated sharp cheese
1 small onion, diced
dash nutmeg

Saute spinach and onion with black pepper, 1/2 t salt and 1/2 t basil.

Mix all ingredients together, blending well. Spread into unbaked pie shell.

Top with 1 cup sour cream.

Spread to edges of crust and a generous application of paprika.

Bake at 190° for 40-45 minutes.

Serve piping hot..

Recipe can be doubled for large oblong pyrex.



Tuna Asparagus Roll (Pashtida)

Ready dough puff pastry.

Filling:

1 tin asparagus cuts

1 tin tuna

60 g margarine

5 T flour

1/2 cup milk

1 cup grated cheddar cheese

salt and black pepper

sesame seeds

Drain asparagus cuts reserving juice.

Add sufficient milk to make up one and a quarter cups liquid. In pan melt margarine, sprinkle over flour and stir in. Add asparagus juice and milk and stir continuously until mixture thickens and is smooth. Add cheese and season to taste with salt and pepper. Lastly fold in asparagus cuts and tuna, and allow to cool. Cover baking sheet with silver foil. Roll out pastry into an oblong shape, cut strips on both sides approx. 3 cms thick.

Place filling down centre and cross strips over to form a plait. Brush with beaten egg and sprinkle with sesame seeds. Bake at 190° for approx. 25 minutes or until lightly browned. Serve immediately.

Hot Fried Savoury Asparagus

1 tin giant asparagus (drained)

flour

egg

bread crumbs

Sauce:

Mayonnaise

chopped spring onion

lemon juice

2 hard boiled eggs

1 chopped pickled cucumber

Dry asparagus with paper towel.

Roll each asparagus into flour, dip in egg which has been beaten.

Finally roll in crumbs.

Place in pyrex dish and leave in fridge for 1 hour.

Fry in oil until golden brown.

Mix sauce ingredients and serve with asparagus.



Asparagus Pie

Pastry:

1 cup flour
2 t baking powder
1/4 t salt
2 oz butter
1/3 cup milk

Mixture:

1 tin asparagus cuts (410 g)
1 cup cheddar cheese
3/4 cup mayonnaise
1 t lemon juice
paprika

Sift dry ingredients.

Add pieces of butter to dry ingredients.

Mix with fingers until mixture is like breadcrumbs.

Add milk. Mixture must be like dough.

Grate cheese. Mix well.

Drain asparagus cuts. Add mayonnaise.

Finally add lemon juice and paprika.

Place mixture on top of pastry.

Bake at 180°C for 25-35 minutes.

Hot Asparagus Tart

1 tin asparagus salad cuts

Sauce:

3 T melted butter
3 T flour
1/2 cup asparagus liquid
1/2 cup cream
salt & pepper
dash paprika
1 large cup grated cheese
1 small packet crisps - any
flavour) or flaky pastry

Butter pyrex dish.

Put asparagus cuts in and pour sauce over, then cheese and finally crushed crisp chips or pastry.

Bake at 190°C for approx. 20 minutes.



Baked Asparagus Roll

1 tin asparagus cuts
125 g butter
3 T flour
250 g cheddar cheese
125 ml sweet cream
1 beaten egg
pinch salt
frozen puff pastry

Drain asparagus and retain juice. Melt butter and add flour mixing well. Add asparagus juice and stir. Add cream, grated cheese and stir over medium heat until sauce thickens. Fold in asparagus and add a pinch of salt. Remove from stove and cool. Unroll puff pastry and cover half dough with asparagus filling. Roll up like swiss roll and place on biscuit sheet. Brush with beaten egg. Bake at 220°C for 10 minutes and reduce over to 180° and bake for 20 minutes. Serve hot and sliced.

Snoek Tart

Pastry:

2 cups flour
pinch salt
1 egg yolk
300 g butter
2 t icing sugar
3 T cold water

Filling:

500 g snoek finely flaked and deboned
225 g grated cheddar cheese
4 eggs
2 1/2 cups milk or 1/2 milk and 1/2 cream
black pepper to season

Rub butter into sifted flour, icing sugar and salt until resembling fine breadcrumbs. Make well in centre.

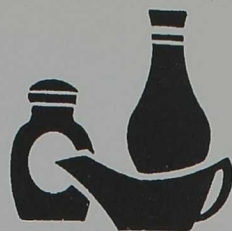
Pour in egg yolk beaten with cold water.

Mix and refrigerate for 20 minutes.

Roll in circle and press into 1 large pie plate or 2 x 23 cm pie plates and prick.

Layer snoek on dough and top with cheese. Pour over beaten eggs, milk and/or cream and seasoning.

Bake one hour on lowest shelf — 180° oven.



Mushroom Tart

Pastry:

60 g butter
1 cup flour
1 t sugar
1/2 t salt
2 level t baking powder
125 ml milk

Filling:

1 chopped onion
4 T butter
400 g sliced mushrooms
2 T flour
1 1/2 cups milk
salt and pepper
lemon juice

Topping:

1 1/2 cups cheddar cheese
1/2 - 1 carton sour cream
1 beaten egg
salt
paprika

Rub butter into dry ingredients until like fine breadcrumbs.

Add milk to form a dough.

Press into fairly deep pie dish.

Gently saute finely chopped onion in butter until soft and glassy.

Add sliced fresh mushrooms and cook until soft.

Add flour, reduce heat and slowly add enough milk to make a fairly thick mixture.

Season to taste with salt, pepper and a little lemon juice.

Cool and place in pie dish.

Grate cheddar cheese into bowl, then add sour cream and beaten egg.

Season with salt and paprika, then carefully spread over the top of the mushroom mixture, using a fork.

Bake at 180° for 30 minutes.



Salmon Blinis

Filling:

1 egg
1/2 cup tomato sauce
1/2 cup fresh breadcrumbs
(grate with bread)
1 T grated onion
1 T chopped parsley
2 t vinegar
1 tin pink salmon
cream

Batter:

2/3 cups flour
pinch salt
1 egg
2/3 cup milk
1 T melted butter

Fry blinis on both sides in pan with butter.
Place 1 heaped teaspoon of filling on fried blini and wrap into envelopes.
Place envelopes in greased pyrex dish.
Cover envelopes completely with cream.
Bake at 180° for 20 minutes.
Serve hot.



Pattanesca Pasta

4 tomatoes
45 g can anchovy fillets
12 stuffed olives
2 cloves garlic
1 T fresh chopped basil (or
1/2 t dried)
pinch chilli powder
1/2 cup chopped parsley
salt
black ground pepper
1/4 cup oil
spaghetti

Peel and chop tomatoes, slice olives, drain and chop anchovies.

Peel and crush garlic.

Heat oil in pan, add garlic, cook until it just changes colour.

Add tomatoes, parsley, olives, anchovies, basil and chilli powder.

Cook a few minutes longer, season with salt and pepper.

Cook spaghetti or any other pasta

Toss sauce over spaghetti and serve.

to stand for 10 minutes. Drain and serve.

SOUPS

Page No

37	Butter Bean Soup
37	Chicken Soup
38	Onion Soup
38	Goulash Soup
39	Frozen Mixed Vegetable Soup
39	Chinese Corn Soup
40	Mushroom Soup
40	Quick Minestrone
41	Pumpkin Soup
41	Curried Carrot Soup
42	Cream of Zucchini Soup
42	Split Pea Soup
43	Salmon Bisque
43	Fish Soup
43	Broccoli and Apple Soup
44	French Country Soup
44	Gazpacho Soup
45	Avocado Cold Soup
45	Chilled Tomato Soup
45	Borscht or Beetroot Soup
46	Chilled Carrot Vichyssoise with Mint
46	Vichyssoise





CHARTING YOUR COURSE IN WORLDWIDE TRADING

Early merchant traders set out into uncharted waters, mapping a whole new world of trading opportunities.

Today's world markets are well charted but no less hazardous. Only businessmen backed by a set of specialist trading and financial skills can survive.

The Gerber Goldschmidt Group has piloted many trading ventures throughout the world. Together we can chart your course in worldwide trading.

Gerber Goldschmidt is represented in the Far East, Continental Europe, the Common Market, Scandinavia, the Americas, Southern and Central Africa, Australia and the Middle East.



GERBER GOLDSCHMIDT GROUP

South African Offices: Johannesburg (011) 339-6151, Durban (031) 31-5421, Cape Town (021) 24-3080



Butter Bean Soup

1 large onion - chopped
 4 T oil
 2 cloves garlic
 1/2 cup grated carrots
 3 level T flour
 4 cups chicken stock
 2 cups water
 2 tins butter beans
 2 T parsley
 1-2 t salt
 1/4 t black pepper

Liquidise beans and add water.
 Saute onions in oil until pale yellow.
 Add carrots and continue to fry until carrots are wilted.
 Add crushed garlic. Sprinkle over flour and stir in.
 Add stock gradually, stirring until soup has thickened slightly and is smooth. Add bean liquid, season with salt and pepper and add parsley.
 Allow to simmer for 15 minutes.

Chicken Soup

1 chicken or chicken giblets
 4-6 shinbone
 1 bunch carrots
 1 onion
 2 large leeks
 4 stalks celery
 2 turnips
 1/2 bunch parsley
 1 piece pumpkin
 1 T salt
 1/4 t pepper
 1/2 tin chicken stock

Clean chicken and shinbones and put them in a large soup pot.
 Peel vegetables, leaving them whole.
 Add seasoning and fill pot 3/4 with water.
 Cover and simmer for 5 hours.
 Skim off the fat with a spoon and adjust seasoning.
 When soup is cooked, take out meat, bones, chicken and vegetables.
 Strain soup and serve with kneidlach and/or noodles.



Onion Soup

10 large onions cut into rings
 125 g margarine
 2 pkts vegetable soup
 1 pkt onion soup
 1 t parsley
 1/4 t thyme
 2 t salt
 pinch garlic
 cheddar cheese

Sauté onions in margarine.

Prepare 2 packets vegetable soup and 1 packet onion soup.

Add to onions.

Add parsley, thyme, salt and garlic.

Cook for half hour.

Serve with grated cheddar cheese.

Goulash Soup

1 kg goulash meat
 1/2 kg onions
 4 T oil
 2 T flour
 2 T paprika
 2 garlic gloves - crushed
 2 medium size carrots
 1/2 bunch celery stalks
 100 g tomato paste
 1/2 t rye
 8 cups boiling water
 1 1/2 t salt
 1 T beef stock
 5 medium potatoes

Cut the meat and onions into 1cm cubes.

Fry onions slowly until brown. Add meat and fry until brown. Stir flour into meat and onion. Fry for 2 minutes while stirring. Add the paprika and crushed garlic. Cut the celery and carrots into 1cm cubes. Add to the pot together with the tomato paste, rye, water, salt and beef stock. Bring to the boil, lower the heat and simmer for 1-2 hours.

Cut the potatoes into small cubes.

Add to the goulash soup and let it cook for another hour on low until meat is soft.

If necessary cook for another half hour.

Adjust seasoning to taste.



Frozen Mixed Vegetable Soup

1 onion
 1 stalk celery
 1 kg frozen mixed vegetables
 2 litres boiling water
 2 T instant chicken soup mix
 1/4 t pepper
 2 t salt (or to taste)
 1 t dill (optional)
 4 T chopped parsley

Cut onion and celery into chunks.
 Place in a saucepan with frozen vegetables.
 Add water, soup mix and seasoning.
 Cover and bring to the boil.
 Simmer for 45 minutes.
 Place a strainer over a large bowl or saucepan.
 Strain soup. Puree solids in two batches until smooth.
 Stir pureed vegetables into cooking liquid.
 Adjust seasonings to taste and garnish with parsley.
 If desired, vegetables need not be pureed, but served whole.

Chinese Corn Soup

750 mls chicken stock (made up of 3 cups water and 2 t chicken stock)
 420 g tin creamed corn
 1 rounded T cornflour mixed with 25 ml cold water
 1 egg slightly beaten
 salt and pepper to taste
 1 T chopped spring onion

Combine corn and stock in saucepan.
 Boil and simmer for one minute.
 Stir in cornflour and water until soup thickens.
 Remove from heat and dribble in beaten egg quickly, mixing with fork.
 Season with salt and pepper.
 Garnish with spring onion.
 Serve hot.



Mushroom Soup

500 g black mushrooms
2 medium onions - chopped
25 ml flour
25 ml chopped watercress
salt and pepper
12,5 ml long grain rice
1 bay leaf
chicken stock
45 g parev margerine

Wash the mushrooms in a bowl of salted water. Drain and cut the stalks level with the mushrooms. Remove the peel and slice thinly. Melt 30 g butter in a pan and add the vegetables. Cook slowly for 5 minutes. Cover. Remove lid. Add remaining butter and when melted, blend in flour and stock. Season and stir until boiling. Add rice and bay leaf. Cover and simmer for 15-20 minutes. Remove bay leaf, taste for seasoning. Thicken with flour if necessary. Add watercress just before serving.

Quick Minestrone

4 cups shredded cabbage
3 T oil
1 pkt vegetable soup
1 pkt minestrone soup
1 tin tomato juice/soup
1 tin white butter beans
2,5 litres water
diced frozen vegetables (peas, carrots, potatoes)
1 cup broken spaghetti/elbow macaroni
pinch garlic salt
salt and pepper to taste
2 t lemon juice
2 vegetable cubes
grated cheddar cheese

In a large pot fry cabbage in a little oil till brown. Add the rest of the ingredients. Include a quantity of diced frozen vegetables. Simmer all ingredients for about 1 hour. Serve with grated cheddar cheese.



Pumpkin Soup

500 g cubed pumpkin
 250 g cubed potato
 60 g chopped onions
 salt and cayenne pepper
 600 ml vegetable stock
 2 cups chicken stock
 1 t chopped parsley or chives
 60 g parev margarine or oil

Heat parev margarine or oil and add onions.
 Cook lightly.

Add pumpkin, potato and lastly vegetable stock.

Simmer until tender.

Liquidise.

Add salt, pepper and chicken stock - consistency should be like cream.

Cook slightly.

Sprinkle with parsley just before serving.

Curried Carrot Soup

500 g carrots
 1 apple
 1 medium onion
 50 g butter
 1 t crushed garlic
 1 t curry powder
 1 litre of water
 4 vegetable stock or chicken cubes
 125 ml cream or 1 sachet only whip

Cut carrots in rounds.

Chop up the apple and onion.

Fry in butter adding the garlic.

Cover pot and simmer on low for about 30 minutes.

Stir in curry powder and cook for another minute.

Add water and dissolve cubes.

Bring to the boil and season to taste if necessary.

Liquidise and return to pot.

Stir in cream and serve.



Cream of Zucchini Soup

1 large onion
oil
1 large carrot grated
6 medium zucchini (baby marrow)
2 T chopped parsley
6 T flour
8 cups water
4 T instant chicken or vegetable soup powder
salt and black pepper
1/2 t tarragon
1 sachet orly whip or 125 ml cream

Saute onion in oil until lightly browned. Add grated carrot and chopped parsley and continue to cook for a few minutes. Cut ends of baby marrow and scrape lightly with a knife. Cut into slices and add to pan. Continue to cook for another minute or two. Sprinkle flour and stir in and then add water, orly whip and tarragon and soup powder. Partially cover and simmer for about half an hour - until vegetables are tender. Strain the vegetables and put into blender and process until smooth and pureed. Stir back into liquid and season to taste.

Split Pea Soup

2 cups dried split peas (soaked overnight)
4 stalks celery, sliced
2 onions, chopped
2 T oil
3 litres water
2 chicken stock cubes
4 shinbone
2 carrots - grated
2 t salt
1/4 t ground black pepper
2 T chopped parsley
smoked sausages, sliced

Fry celery and onions in oil. Add split peas, water, stock cubes, shinbone and carrots. Season with salt and black pepper. Simmer for 3 1/2 hours. Remove bones and meat. For a smoother soup puree soup in blender. Return to heat. Add sausage slices, simmer further 30 minutes. Adjust seasoning and garnish with chopped parsley.



Salmon Bisque

1 large chopped onion
 4 cups vegetable stock or
 chicken stock
 1 t worcester sauce
 250 ml cream or 1 sachet only
 whip
 4 T flour
 3 tins pink salmon flaked
 2 cups milk or water
 2 t sugar
 1 1/2 T sherry
 1 tin tomato soup

Fry onion in oil.

Stir flour into fried onions. Then add stock, milk and tomato soup.

Add flaked salmon and bring to boil.

Remove from stove and add sherry, sugar, cream and salt and pepper.

Fish Soup

1 bunch spring onions
 2 T butter
 250 g raw hake cubed
 500 ml water
 salt and pepper
 4 T cooked rice
 8 T cream

Melt butter. Cut spring onion and fry in butter for 2 minutes. Add raw fish and water. Cook slowly for 20 minutes. Add salt and pepper to taste. Add rice. Cook gently. Add cream just before serving and bring to boil.

Broccoli and Apple Soup

1 onion diced
 1 apple peeled and sliced
 1 bunch broccoli
 4 cups chicken stock
 salt, pepper, nutmeg
 2 T oil

Saute apple and onion in oil. Add broccoli and saute for 1 minute.

Add salt, pepper and nutmeg and chicken stock. Cook for approximately 20 minutes till soft.

Blend in food processor until smooth.



French Country Soup

1 T oil
 4 medium potatoes - diced
 4 onions - chopped
 1 clove garlic - crushed
 1/4 cup chopped parsley
 1 1/2 t sage
 1,25 litres vegetable stock
 60 ml tomato puree
 10 ml flour mixed with 1/2 cup milk

Garnish:

chopped chives
 chopped celery leaves
 grated cheese
 croutons

Heat oil in a saucepan.

Add onions and garlic and simmer for 5 minutes.

Add potatoes, parsley and vegetable stock and cook till tender. Add the tomato puree and flour.

Serve with chives, celery, grated cheese and croutons.

Gazpacho Soup

3 tins cream of tomato soup
 2 tins milk
 250 ml cream
 salt and pepper
 peri-peri liquid
 spring onions - chopped
 1 cucumber - sliced
 radishes - sliced

Boil tomato soup with milk. Cool.

Add cream, salt, pepper and peri peri.

Cool again. (Can do this night before)

Add cucumber, spring onions and radishes and chill.

Serve cold in glasses.



Avocado Cold Soup

1 large (or 3 small) avocados
1 clove garlic
1/2 cup light cream or 1 sachet
only whip
chopped chives
2 vegetable or chicken cubes

Puree avocado. Chop garlic with salt and make into a paste.

Add cubes and 3 cups water, salt and pepper. Mix thoroughly and serve cold.

Decorate with chives.

Chilled Tomato Soup

1 tin cream of tomato soup
2 t chopped chives
salt and pepper to taste
parsley
2 cups natural yoghurt
2 T Vodka or Gin
dash chilli sauce
cream

Place all ingredients except cream and parsley in a blender.

Mix for 30 seconds.

Place mixture in fridge until cold.

Serve chilled with cream and garnish with parsley.

Borscht or Beetroot Soup

8 raw beetroot - unpeeled
3 T sugar
250 ml sour cream
3 litres water
1 T salt
1/2 cup lemon juice

Wash beetroot very well. Boil in water with salt, till soft, about 1-2 hours. Peel beetroot and strain water. Liquidize beetroot, adding strained water, sugar and lemon juice to make a thick consistency. If necessary add extra water and refrigerate. Serve cold, adding a dollop of sour cream to each bowl. To serve with borscht boil baby potatoes and serve with the cold soup.



Chilled Carrot Vichyssoise with Mint

1 medium onion chopped
2-3 leeks, washed and
chopped (include 5cm of
green tops)
25 g butter
2 large potatoes, peeled and
cut into small dice
4 carrots, scraped and sliced
50 ml chopped fresh mint
5 ml dried origanum
250 ml water
250 ml milk
250 ml stock
salt and freshly ground white
pepper
125 ml sour cream

In a large saucepan saute onion and leeks in butter until soft and golden. Add the potatoes, carrots, mint, origanum and water. Bring to the boil, turn down the heat and simmer (covered) for 45 minutes until all the vegetables are soft. Add the milk and stock.

Re-heat and season to taste Blend the soup to a fine puree in a blender or food processor, then sieve into a bowl. Stir in the sour cream, cover and chill for at least 4 hours. Check the seasoning again before serving and give the soup a good stir.

Garnish with grated carrot and chopped mint.

Vichyssoise

125 g butter/parev margarine
12 potatoes
8 leeks
1 chicken stock or vegetable
stock cube
600 ml milk or water
3 onions
1 garlic clove
500 ml cream or orly whip
1 t salt
spring onions, chopped

Slice onions and leeks. Fry in butter until soft. Add garlic. Slice potatoes and add. Add cubes and enough water to cover. Add salt.

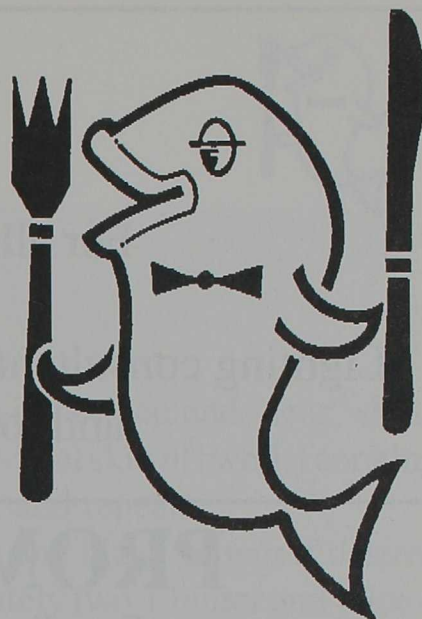
Simmer for 45 minutes. Liquidise.

Add cream and milk. Stir and heat up again. Allow to cool, refrigerate and serve with chopped spring onions.

FISH

Page No

49	Tony's Trout
49	Fish Eggletina
50	Granny's Baked Fish
50	Baked Fish
51	Baked Fish with Cheese and Curry Sauce
51	Chinese Fish Fillets
52	Chinese Fish
52	Fish Kebabs
53	Fried Kingklip in Lychee Sauce
53	Kingklip in Orange Sauce
54	Kingklip in Wine and Mushroom Sauce
54	Fish Fillets in Wine
55	Fish Fillet baked in Techina
55	Rina's Fish Dish
56	Macaroni with Kingklip
56	Cheesy Fish Layer
57	Salmon Lasagne
57	Tuna Lasagne
58	Tuna Casserole
58	Tuna Pasta
59	Spaghetti and Tuna
59	Tuna Supreme
60	Fish Casserole
60	Lemon Fish



ADD-LITE

Tel. 728-5036
Pager 331-3561 Code 1172
Channel 18

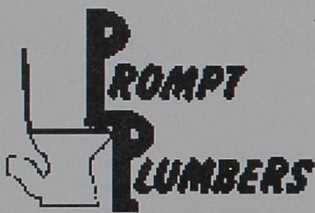
For all your lighting requirements
phone **ADD-LITE**.

Lighting consultants and suppliers of all domestic, security
and low voltage halogen lighting

PROMPT PLUMBERS

For all your maintenance and repairs

**Prompt is the name
Plumbing is our game**

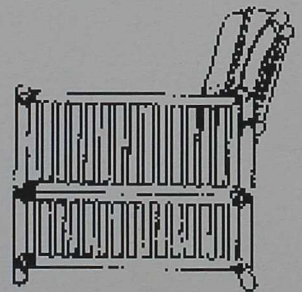


Contact **Marlon Silver**
All hours 28-1661/6 Code 0003
Home 887-3688

LIFE STYLE CANE & COTTAGE FURNITURE (PTY) LTD

EASTGATE, ROSEBANK AND
SANDTON CITY

Factory and Showroom
Jeppe
Tel (011) 618-3244



M.I.E.A.

**MARTIN
CHARNEY
ESTATES**

MARTIN CHARNEY HOUSE
341 Jan Smuts Ave
Craighall Park 2196
Tel. 880-6611

**"From home to home"
Your area specialists**

Helen Rosin
440-7294 home

Laurain Romm
783-7733 home



Tony's Trout

salt and pepper to taste
 2 T butter
 juice of 2 oranges
 1 T julienne strips of orange
 rind

Place two trout in hot pan and "sear" skin.
 As skin "sears" - peel skin off whilst cooking.
 Turn trout over and repeat.
 Add a little salt and black pepper if desired.
 Add approximately two T butter and juice of
 two oranges.
 Add approximately 1 T julienne strips of
 orange rind.
 Simmer until tender.

Fish Eggletina

1 1/2 kilos kingklip
 1/2 bottle white wine
 salt and pepper
 allspice
 1 clove garlic
 bay leaves

Sauce:

1 1/2 cups mayonnaise
 1/2 cup tomato sauce
 1/4 t anchovy sauce or paste
 6 chopped olives
 1/2 t dry mustard
 2 t capers
 1 chopped pickled cucumber
 1 chopped boiled egg

Bake kingklip in foil with half bottle white
 wine, salt and pepper, allspice, garlic and bay
 leaves.

Bake for approx 40 minutes at 150°.

Leave to cool.

Pour the following sauce over cooled fish.

Mix all ingredients together.

Place fish on platter.

Pour sauce over and decorate.



Granny's Baked Fish

sliced onion
thinly sliced potato
sliced fish fillets (kingclip or any firm fish)
sliced tomato
sliced mushrooms
salt, pepper, mixed herbs to taste
butter
sour cream

In a well battered over proof dish place all the ingredients in layers.

Season each layer with salt, pepper, mixed herbs and dot with butter (very lightly).

End with layer of tomato.

Pour 250ml sour cream over the layers and bake at 180°C for 15-20 minutes or until fish is cooked.

Serve with buttered whole wheat bread or spinach noodles.

Baked Fish

1 kg kingclip
1 kg potatoes
salt and pepper
2-3 onions, chopped
250 ml cream
4 T mayonnaise
2 heaped T mustard (tangy and spicy)

Boil potatoes in skins.

Peel and slice.

Line greased dish with potato slices overlapping.

Sprinkle with salt and pepper.

Chop onions and place on top of potatoes.

Add pieces of kingclip on top.

Mix cream, mayonnaise and mustard.

Pour over fish and bake for 45 minutes at 180°C.



Baked Fish with Cheese and Curry Sauce

1 kg kingklip fillets
salt and pepper
1 T lemon juice
125 g butter/margarine
1 chopped onion
1 1/2 cups white sauce
1/2 cup grated cheese
1/2 t curry powder
2 cups cooked rice

Season fillets with salt and pepper.
Sprinkle with lemon juice. Set aside.
Melt butter in pan and add onion.
Cook till tender. Stir onions into white sauce with grated cheese and curry powder.
Butter baking dish, spread rice over bottom and lay fillets on top.
Pour sauce over fillets, sprinkle lightly with paprika and bake at 200°C for approx 30 minutes.
Decorate with tomato 10 minutes before serving.

Chinese Fish Fillets

500 g fish fillets
1/2 t ginger
3 T salad oil
4 t soya sauce
2 T brown sugar

Mix soya, ginger, brown sugar and oil.
Wash fish and pour sauce over them.
Cover and let fish marinate in sauce for two hours (in fridge)
Lift out of marinade and place in a flat pan and grill for 5 minutes until nicely browned.
Do not turn.
Serve with baked potatoes and green beans.



Chinese Fish

kingklip (cut in slices)

Sauce:

1 tin sliced mushrooms -
drained
4 T white vinegar
1 T maizena
4 T sugar
2 pieces ginger - chopped
1 tin bean sprouts
2 T ginger syrup
2 T chopped spring onion
1 T soya sauce
1/2 cup water

Fry finger slices of kingklip in oil and arrange in a dish.

Pour sauce over fish and serve while hot.

Put all ingredients into pot except maizena and sprouts.

Boil for 5 minutes.

Add maizena mixed with a little water.

Pour over fish slices and sprinkle over sprouts.

Decorate with pineapple and celery curls.

Fish Kebabs

1 kg firm fish (kingklip)

2 cloves garlic

Marinade:

125 g chopped onion

150 ml yoghurt

salt

1/2 t ginger powder

1 t chilli powder

2 t garam masala

Cut fish into 5 cm cubes and wash.

Put cut garlic into water in which fish is washed.

Place fish in marinade for 2 hours.

Place fish on skewers and grill in oven.

Baste with melted butter and marinade sauce.

Serve with green salad and Pita bread.



Fried Kingklip in Lychee Sauce

Batter:

1 cup flour
2 eggs
pinch bicarb
pinch salt
1 T oil
1 t vinegar

Sauce:

1 large tin lychees
4 T brown vinegar
2 t brown sugar
1 T soya sauce
preserved ginger with syrup
(according to taste)

Beat well and add enough water to make a batter.

Fry 15-18 small pieces of kingklip in the batter.

Mix sauce ingredients altogether and bring to the boil..

Thicken with 1 T maizena mixed with a little water.

Cool and pour over fish just before serving.

Optional:

Fry approx 500g chopped cashew nuts in a little oil till brown and when cold sprinkle over fish.

Kingklip in Orange Sauce

fillets of kingklip
salt and pepper
90 g butter
1 cup orange juice rind of 2 oranges
2 1/2 T flour
chopped parsley
orange slices
black olives

Place fillets of kingklip in a baking dish.

Season with salt and pepper. Cover with melted butter and orange juice and the orange rind. Bake in medium oven until fish is cooked through, approx 15 minutes. Strain off sauce. Melt 1 T butter and add flour. Slowly add the juice from the fish. Make the sauce and pour over the fish. Garnish with chopped parsley, orange slices and black olives. Reheat and serve.



Kingklip in Wine and Mushroom Sauce

1 1/2 kg kingklip
large onion - chopped
2 T flour
1 punnet button mushrooms (sliced)
1 cup grated cheddar cheese
500 ml cream
1 cup dry white wine
salt, pepper, garlic salt
1 mixed herbs

Fry onion in butter until golden brown.
Add mushrooms and fry until soft.
Stir in flour to thicken.
Add grated cheese, cream and wine.
Season with salt and pepper, garlic salt and mixed herbs.
Place kingklip in dish.
Pour sauce over fish and bake in moderate oven until cooked.

Fish Fillets in Wine

800 g fish fillets
1 tin mushroom soup
2 T milk
2 1/2 T sherry
pinch salt
grated cheese
cayenne pepper

Place fish in a fireproof dish.
Heat mushroom soup, stirring until smooth.
Add milk, dash cayenne pepper, sherry and salt to taste.
Pour over fish and add grated cheese.
Bake at 180°C in oven until cooked.



Fish Fillet baked in Techina

1 kg fish fillet
100 gram techina
4 T lemon juice
1 cup water
4 T chopped parsley
4 garlic cloves - crushed
black pepper and salt

Combine the techina, lemon juice, garlic, parsley, water, black pepper and salt.

Place the fish in a baking dish.

Pour half of the techina on top of the fish fillet and bake for 20 min at 300°.

Add the remaining techina and bake for another 20 minutes at 200° till light brown on top (must NOT be dry)

Rina's Fish Dish

1 kg frozen hake fillets
tin mushroom soup
1 cup grated cheese
2 large onions, chopped
1 pkt potato crisps
2 t worcester sauce
1 clove crushed garlic

Skin fillets and place on bottom of dish.

Pour over tin of mushroom soup.

Cover with grated cheese.

Peel and finely chop onions.

Glaze in pot.

Add crushed potato crisps, some garlic and worcestershire sauce, and fry till onion mixture is brown.

Pour over top of cheese.

Bake at 180°C for 20 minutes.



Macaroni with Kingklip

kingklip fillets
1 onion
2 cloves garlic
canned or fresh tomatoes
salt and pepper
2 t sugar
4 T chopped parsley
elbow macaroni
margarine or butter

Saute onion and garlic in oil.

Add tomatoes, salt, pepper, sugar and parsley. Add fish cut into cubes and cook till fish is done (10 minutes).

If too watery, thicken with 1 T white wine and 1 T flour.

Prepare elbow macaroni. Toss in margarine. Put into hot serving dish. Spoon over fish, sprinkle with grated cheese. Bake in moderate oven until done.

Cheesy Fish Layer

750 ml cooked brown rice
2 bunches spinach, chopped
50 ml water
5 ml salt
oil for frying
1 large onion, sliced
410 g can whole peeled tomatoes, chopped
750 g haddock, cooked and flaked
salt and black pepper to taste
25 ml margarine
25 ml flour
500 ml milk
250 ml cheddar cheese, grated
25 ml parsley, chopped

Boil spinach in salted water until tender.

Drain excess water. Heat oil and fry the onion until soft. Add tomatoes, fish, rice, salt and pepper.

In another pot, melt margarine. Add flour. Cook for 1 minute, stirring.

Add milk gradually. Stir until sauce thickens. Add the cheese and parsley.

Remove from stove. Grease a heat proof dish. Make alternate layers of the rice mixture and spinach.

Pour the cheese sauce over the top and bake at 180°C until lightly browned on top.

Serve immediately with salad.



Salmon Lasagne

60 g chopped onion
 60 g chopped green pepper
 1 T butter
 1 can tomato paste
 190 ml water
 dash salt and pepper
 3 ml sweet basil
 2 cans salmon drained and
 flaked (can use tuna instead
 of salmon)
 115 g lasagne noodles
 (cooked)
 200 g mozzarella cheese finely
 sliced

Saute onion and green pepper in butter until tender.

Add tomato paste, water, seasonings and salmon.

Layer noodles, salmon mixture and cheese in a 23cm square, 5cm deep baking dish, ending with cheese on top.

Bake in a 190° oven for 25-30 minutes.

Serve hot.

Tuna Lasagne (without white sauce)

green noodles
 1 large onion
 1 clove garlic
 2 tins tuna fish
 1/2 t dried mixed herbs
 1/2-1 t dried parsley
 salt and black pepper
 1 carton smooth skimmed
 milk cottage cheese
 250 ml cream
 1 cup grated cheddar cheese

Boil green noodles for 5-7 minutes.

Saute onion and garlic until glazed.

Add drained tuna and mix well.

Remove from heat.

Season with mixed herbs, dried parsley, salt and pepper. Add cream cheese.

Beat cream until thick and add grated cheese.

Layer noodles, fish mixture, cream.

Repeat layers.

Bake at 180°C for half hour.



Tuna Casserole

1 can tuna
 1 t curry
 1 chopped onion
 1 dessertspoon maizena
 1 tin mushroom soup
 1 soup can milk
 1/2 cup grated cheese
 1 cup noodles
 1 tin mushrooms

Cook noodles and mix together with all other ingredients.

Place in casserole and cover.

Bake at 190° for half hour.

Tuna Pasta

1 large green pepper - diced
 2 large onions - diced
 3 large red tomatoes -
 skinned and diced
 1 tin mushroom soup
 2 tins tuna
 salt, cayenne pepper
 1/2 packet twisted noodles
 (or shells)
 1 cup grated cheddar cheese

Fry onions and green pepper until soft (not brown).

Add tomatoes and allow to simmer for 5 minutes.

Add flaked or shredded tuna.

Stir in tin mushroom soup.

Add salt and cayenne pepper to taste.

Lastly gently stir in cheese.

Boil noodles and add to mixture.

Place in a baking dish and bake at 180° for 25 minutes (till piping hot).



Spaghetti and Tuna

1 large onion - chopped
 1 tin tomatoes
 1-2 tins flaked tuna
 1 tin button mushrooms
 2 cloves garlic - crushed
 2 T oil
 1/2 box spaghetti
 grated cheddar cheese

Fry chopped onion and crushed garlic.
 Add tomatoes, chopped with juice.
 Stir in flaked tuna and mushrooms.
 Simmer over low heat for 15 minutes.
 Cook spaghetti. Mix tuna mixture with spaghetti and place in a pyrex dish.
 Top with grated cheese and bake covered in a 200° oven for 15 minutes. Remove lid and bake until cheese is crisp.

Tuna Supreme

2 pkts puff pastry

Filling:

2 medium onions - finely chopped
 2 T oil
 4 T chopped parsley
 1 punnet mushrooms - sliced

Sauce:

60 g butter
 2-3 T flour
 1/2 cup milk
 1/2 cup cream
 2-3 T white wine
 salt and pepper to taste
 2 tins tuna, drained and flaked

Saute onions in oil until pale yellow. Add sliced mushrooms and parsley and fry until mushrooms are tender.

Set aside filling.

Melt butter. Stir in flour. Slowly add milk, cream and wine, stirring all the time until sauce is thick and smooth. Season with salt and pepper. Fold tuna and mushroom mixture into cream sauce. Roll pastry in two large fish designs - top covering must be slightly larger than bottom.

Put filling onto bottom pastry along the centre and damp edges with water.

Make a few slits on top and brush with beaten egg. Bake at 200°C for about 40 minutes.



Fish Casserole

10 pieces fried fish
1 chopped onion
40 g butter
1 T kosher wine
salt and pepper
250 ml cream
1 cup tomato puree
grated cheddar cheese

Fry fish in deep oil and place fish in ovenproof dish.

Saute chopped onion in butter till light golden. Add kosher wine, salt and pepper to taste and cream. Stir in tomato puree.

Bring to the boil. Pour over fish, top with grated cheddar cheese and bake at 200° for 20-30 minutes.

Lemon Fish

1 kg kingclip
1-2 sliced onions
Sauce:
3-4 eggs
3-4 lemons
1/2 cup fish stock
1/4 - 1/2 cups sugar
salt, pepper to taste

Cut fish into slices and boil together with sliced onions for 20 minutes.

Put fish in shallow dish with onions.

Drain off all liquid and reserve.

Beat eggs well. Add spices, lemon juice and half a cup fish stock.

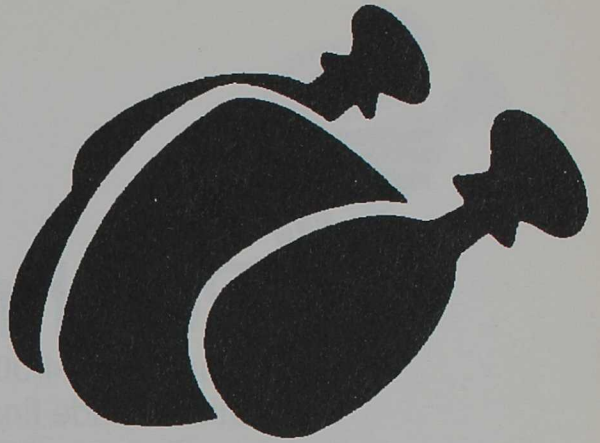
Beat again.

Add sugar until sour sweet taste. Put all into a pot and heat slowly, stirring constantly till thick custard. Pour over fish and leave to cool. Set in refrigerator.

POULTRY

Page No

63	Chinese Honey Chicken
63	Spanish Chicken
64	Chutney Chicken
64	Roast Chicken in Orange Sauce
65	Chicken Exotica
65	Malayan Chicken
66	Chicken with Cherries
66	Chicken Casserole
67	Curried Buffet Chicken
68	Fried Chicken Viennese Style
68	Marinated Chicken
69	Chicken Hacienda
69	Marinated Grilled Chicken
70	Almond Chicken
70	Sweet and Sour Chicken
71	Baked Chicken
71	Barbecue Chicken Casserole
72	Raisin & Grapejuice Chicken
72	Mandarin Duck
73	Duck with Pineapple
74	Novel Roast Turkey
74	Roast Turkey





Reichmans Ltd. 74/00813/06

International trade finance and services

London Geneva New York Cape Town Durban

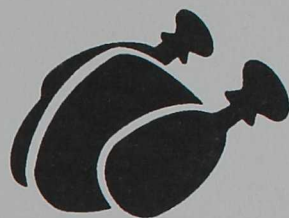
With Compliments

3rd Floor, Killarney Mall, Riviera Road, Killarney, Johannesburg 2193.

P.O. Box 87400, Houghton, 2041, South Africa

Telephone National (011) 486-1210. International 27 11 486-1210.

Telex 4-22477. Teletex 4-50107-Reich. Telefax (2711) 646-9627.



Chinese Honey Chicken

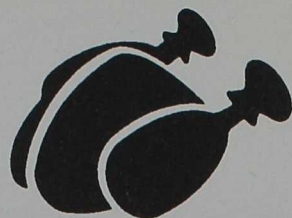
1.5 kg chicken breasts,
skinned, boned and cubed
seasoned flour
oil
1 T finely grated fresh ginger
2 t cornflour
2 t chilli sauce
salt
2 cloves garlic
2 T honey
2 t soya sauce
80 ml water
5 ml lemon juice

Coat chicken cubes in seasoned flour.
Deep fry chicken in hot oil until brown.
Remove from pan.
Saute ginger and garlic for one minute. Add
honey and stir for 1 minute. Combine
cornflour and water, add to honey mixture
with remaining ingredients. Stir over medium
heat till sauce boils and thickens.
Pour sauce over chicken and heat through.
Serve with fried rice.

Spanish Chicken

1 chicken
flour, salt and pepper (mixed
together)
1/4 cup oil
1/2 cup chopped onion
3 T chopped green pepper
1 clove garlic, crushed
1 cup chopped tomato
1 chicken stock cube
1 cup tomato juice
1 cup cooked mushrooms
1/3 cup sliced stuffed olives

Cut chicken into serving portions. Roll in
seasoned flour. Heat oil and brown chicken.
Place in a casserole dish.
Brown onion, green pepper and garlic in a
pan.
Stir in tomato juice and stock cube. Add
tomatoes. Pour over chicken.
Cover and bake in 180° oven for 1 hour or
until tender.
Ten minutes before chicken is done, add
mushrooms and olives.



Chutney Chicken

1 pkt chicken portions
2 chopped onions
1/2 bottle fruit chutney
juice of 1/2 lemon
1 tin apricots
1/2 cup water

Brown chicken portions. Fry onions. Add fruit chutney and lemon juice, apricots with juice, water. Bring to the boil.

Simmer for 20 minutes.

Pour over chicken and bake at 160° till soft, about 1 1/2 hours.

Roast Chicken in Orange Sauce

1 large chicken
1 T chicken fat
3 T honey
1 t paprika
salt
1/2 t ginger
2 T chutney
1/2 cup orange juice
orange slices for garnish

Sauce:

1 1/2 cups orange juice
1 1/2 T grated orange rind
2 spring onions, chopped
1/2 small green-pepper, chopped
1/2 t horseradish
1 t maizena
1 t gravy powder

Melt chicken fat. Remove fat from heat and add honey, salt, ginger, paprika and chutney. Heat until dissolved.

Brush the chicken inside and outside with the honey mixture. Place in roasting pan and pour over 1/2 cup orange juice. Roast until tender, for approx 2-3 hours, basting frequently. Add water if necessary.

Sauce:

Combine ingredients for sauce and simmer for 15 minutes.

Transfer chicken to a warmed platter and garnish with orange slices. Strain the juices from the roasting pan into the sauce.

Dissolve the maizena and gravy powder in a little cold water and stir briskly into the sauce.

Stir over a low heat until thickened.

Pour into a gravy boat and serve hot over chicken.



Chicken Exotica

- 1 medium chicken, cut in portions
- 1 large onion
- 3 large skinned diced tomatoes
- 1 cup tomato sauce
- 1/2 cup worcester sauce
- 1 T soya sauce - optional
- 1/2 cup chutney
- 1 t brown sugar
- 1 chicken cube
- 1 cup boiling water

Boil chicken pieces until soft.

Fry chopped onions in oil until golden brown.

Add the chopped tomatoes - fry till soft.

Add chicken cube dissolved in boiling water and simmer for 5 minutes.

Add tomato sauce, worcester sauce, soya sauce, chutney and brown sugar.

Simmer for 10 minutes. Pour sauce over chicken and bake covered at 180° for 1 hour.

Malayan Chicken

- 1 1/2 kg chicken
- 1 T chopped chillies
- 2 cups hot chicken stock
- 1 T soya sauce
- 1 T cornflour
- 2 T oil
- 1 T chopped garlic
- 2 T chopped nuts
- 60 gm sliced mushrooms
- dash of peri peri
- sliced cucumber
- eggplant

Cut chicken into serving portions and fry in oil until golden. Remove.

Fry garlic, chillies, nuts and mushrooms in same oil.

Place all ingredients in a casserole and cover with hot stock.

Cover and simmer until chicken is soft.

Dissolve cornflour in a little water. Add soya sauce, peri-peri and seasoning.

Add to chicken and cook for about 5 minutes.

To serve, place the chicken and sauce on to a warm serving plate, surround with yellow rice and top with sliced cucumber and fried eggplant.



Chicken with Cherries

1 chicken or chicken portions
1 tin cherries
1 cup red wine
1 t cornflour
little water

Roast chicken until tender. Cut into serving portions and place in casserole dish. Make sauce by simmering cherries and juice and red wine.

Mix cornflour with water and add to liquid. When it starts to boil pour over chicken. Place in oven and heat through till tender.

Chicken Casserole

6 chicken breasts
paprika
garlic powder
salt, pepper
1 large onion - sliced

Sauce:

2 T tomato sauce
3 T mayonnaise
1 T hot chutney
dash worcester sauce
1 t dry mustard
1 cup water

Spice chicken with paprika, garlic powder, salt and pepper.

Place in a flat casserole dish with the sliced onion.

Mix rest of ingredients and pour over chicken pieces.

Cover and bake at 180° for 1 hour.

Uncover and keep in oven until nicely browned.

Keep turning portions to brown on all sides.



Curried Buffet Chicken

2 large chickens
salt, peppercorns, bayleaf,
carrot, onion

Sauce:

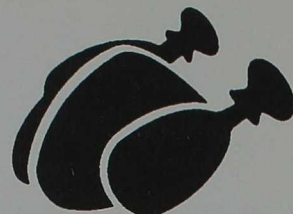
2 T green pepper - chopped
3 onions - chopped
1 clove garlic - crushed
2 T curry powder
1 piece fresh ginger - grated
2 bananas
2 sour apples - grated
1 t salt
1/4 t pepper
1 t sugar
2 T apricot jam/chutney
2 T vinegar
3 tomatoes, skinned and
chopped
1 cup tomato juice
dash cinnamon
3-4 cups chicken stock
1/4 - 1/2 cup raisins
3 spring onions - chopped

Boil chickens with ingredients till soft and remove skin.

Cut into pieces

Reserve 3-4 cups chicken stock.

Saute onion, green pepper and garlic for a few minutes. Add chopped ginger, bananas and apples and cook until soft. Add curry, salt, pepper, sugar, apricot jam, vinegar and tomatoes and continue cooking until tomatoes disintegrate. Then add tomato juice, cinnamon, chicken stock, raisins, spring onions and the cut up chicken. Allow to simmer for 40-50 minutes. Serve with rice and various sambals, e.g. chopped onion and tomato, diced pineapple, sliced bananas, coconut and chutney.



Fried Chicken Viennese Style

8-12 chicken pieces
flour
beaten eggs
breadcrumbs

Paste:

1 T mustard
1 T worcester sauce
1 t thyme
1 t marjoram
1 t tomato paste
1 t paprika
salt and pepper to taste

Remove skin from chicken and roll pieces in spicy paste. Dredge chicken with flour, coat with beaten egg and roll in crumbs, patting on firmly.

Place in refrigerator for 30 minutes to set. Fry chicken at medium heat in deep oil for 25-30 minutes until cooked.

Marinated Chicken

2 chickens
2 T vinegar
1/2 t salt
1/4 t white pepper
1/8 t cayenne pepper
10 peppercorns
4 bayleaves
1 large onion - chopped
2 cloves garlic - crushed
1 desertspoon prepared mustard
1 T worcester sauce
2 T tomato sauce
2 T oil
1 green pepper, chopped

Mix all ingredients together. Portion 2 chickens and soak in marinade for 24 hours, turning portions once or twice.

Roast in 180° oven for 1 hour.

Remove portions.

Remove peppercorns and bay leaves and make gravy with rest of marinade.



Chicken Hacienda

2 chickens
 1 green pepper, sliced
 2 T flour
 3 level t curry powder
 2 T vinegar
 2 cups water
 1 t salt
 2 chopped onions
 1 pkt mushrooms
 3 T chutney
 1 tin tomato soup
 1 clove garlic, crushed
 1/4 t black pepper

Cut chicken into serving portions.

Brown well under grill.

Sauté chopped onions in a little oil. Add green pepper, crushed garlic and cook until green pepper is soft.

Add mushrooms and cook until all liquid has dissolved.

Sprinkle over flour and stir in, then add rest of ingredients and simmer for 5 minutes.

Place chicken portions in a casserole dish, pour over sauce. Bake at 180° for 1 hour, covered.

Marinated Grilled Chicken

1 large pack chicken breasts
 or thighs
 1 bottle mayonnaise
 3/4 cup bottled french
 dressing
 1 t dried tarragon

Put chicken into a bowl with dressing and tarragon.

Cover and chill at least 2 hours, turning occasionally.

Cook under a moderate grill until golden and cooked through turning once.

Turn skin side up and spread thinly with bottled mayonnaise.

Return to griller and grill until browned.



Almond Chicken

1 chicken
flour, salt and pepper
oil
1 t marmite
1 cup water
1 tin pineapple chunks
50 g skinned almonds

Joint chicken. Roll in plenty of flour spiced with salt and pepper. Fry chicken portions in oil till brown. Put chicken in a casserole dish. Melt marmite in a cup of hot water. Pour over medium size can of pineapple syrup retaining the pineapple segments. Cover with lid. Bake 1 hour at 180°. Remove from heat when soft. Add pineapple chunks and almonds. Turn chicken carefully to coat with sauce. Put back in oven without lid for approx 15 minutes to brown.

Sweet & Sour Chicken

2 T fat
3 cloves garlic, crushed
1 whole chicken - no skin
2 carrots, sliced lengthwise
1 English cucumber, sliced lengthwise
1 onion, chopped
1/2 tin water chestnuts
fresh bamboo sprouts
1/2 cup condensed chicken broth
Sauce:
1 T flour
2 T sugar
1/2 cup soya sauce
1/2 cup vinegar

Heat fat in a large pan.

Sauté onion and crushed garlic cloves. Add carrots, cucumbers, bamboo sprouts and tinned water chestnuts.

Add deboned and skinned chicken (bite-size pieces).

Pour chicken broth over and allow to simmer. Combine flour, sugar, soya sauce and vinegar.

Pour over chicken and vegetables.

Cook and stir till thickened.

Bake at 180° overn for 1/2 hour.



Baked Chicken

1 large chicken
2 large handfuls parsley
3 cloves garlic
1 cup oil
3 t barbeque spice
salt and pepper

Cut chicken into pieces.

Place all other ingredients in blender and blend well.

Dip chicken pieces first in mixture and then roll in breadcrumbs.

Place in greased baking dish and bake uncovered at 180° for approx 1 hour.

Barbeque Chicken Casserole

chicken portions
1 onion - chopped
1 small green pepper - chopped
2 cloves garlic - chopped
salt and pepper
oil

Sauce

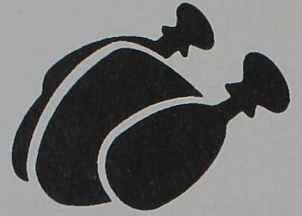
1/2 cup tomato juice
1/2 cup tomato sauce
1 cup water
1 chicken cube
2 T wine vinegar
2 T brown sugar
1 T worcester sauce
1 t mustard powder
1/2 t salt
1/4 t cayenne pepper
2 celery stalks - chopped

Season chicken portions with salt and pepper and brown chicken. Transfer to casserole dish.

Add onion, garlic and green pepper to pan and cook until onions are transparent.

Add all the other sauce ingredients and simmer for 10 minutes.

Pour over chicken, cover and cook at 160° until tender (about 1 1/2 hours).



Raisin & Grapejuice Chicken

1 chicken cut into portions
 1 medium onion - diced
 1 small green pepper - diced
 1 garlic clove - crushed
 1 cup tomato sauce
 1/2 cup worcestershire sauce
 250 mls white/red grapejuice
 1/2 cup raisins
 2 T flour (salt and pepper added to taste)
 1 heaped t curry powder

Mix seasoned flour in a bag. Add curry. Put chicken pieces into bag and shake so that all the chicken pieces are covered with flour. Fry diced onion, crushed garlic and diced green pepper until onion is glassy and green pepper soft. Remove onion and green pepper from the oil. Put into casserole dish. Fry chicken pieces until brown. Place in casserole dish. Pour tomato sauce, worcester sauce and grape juice over chicken. Bake at 180° for about 1 hour. Add raisins. Bake for a further 1/2 hour.

Mandarin Duck

2 kg duck
 salt and pepper
 1 tin mandarins (reserve juice)
 1 cup orange juice
 3 T lemon juice
 2 1/2 cups chicken stock
 3 T brown sugar
 3 T orange flavoured liqueur
 1 T sherry
 1 t salt, 1/8 t pepper
 1 t gravy powder
 2 t cornflour

Season duck with salt and pepper. Prick the skin and roast at 200° until brown. When duck is cooked, pour off fat. Cut into portions and place in casserole dish. Place roasting pan on stove. Sprinkle over a little flour and stir in. Add stock and stir till thickened. Mix gravy powder and cornflour with a little water and stir in. Add the rest of the ingredients, except mandarins. Strain gravy and pour over duck. Bake, covered, at 180° for 1 hour. Ten minutes before ready, add mandarins.



Duck with Pineapple

- 1,5 kg duck
- 2 T bottled barbecue sauce
- 2 T white vinegar
- 2 T dry sherry
- 1 T oil
- 1/2 cup water
- 1/4 t mixed spice
- 2 T soya sauce

Sauce:

- 1 small ripe pineapple
- 2 T oil
- 1 piece ginger, grated
- 3 t cornflour
- 2 T dry sherry
- 1 T white vinegar
- 1 clove garlic
- 3/4 cup water
- 1 T soya sauce
- 1 chicken stock cube
- 2 t bottled barbecue sauce

Place duck in baking dish. Pour over remaining combined ingredients.

Place duck in hot oven for 20 minutes or until light golden brown.

Reduce the heat to a moderate temperature. Cook a further 60 minutes.

Spoon marinade over frequently. Remove dish from oven. Allow to become cold.

With very sharp knife, cut duck in half.

Divide each half into sections.

Cut these sections into small serving-sized pieces.

Cut top from pineapple, remove all skin.

Cut pineapple into 1 cm slices.

Cut each slice in half then each half in three.

Heat oil in wok or pan. Add peeled and grated ginger and crushed garlic, saute for one minute.

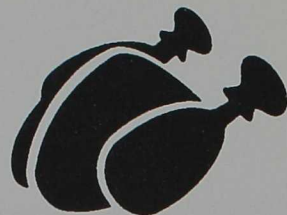
Add duck, toss over high heat for two minutes or until duck is heated through.

Add combined water, cornflour, barbecue sauce, soya sauce, sherry, crumbled stock cube and vinegar.

Toss constantly until sauce is boiling.

Add pineapple pieces.

Toss for a further 2 minutes or until sauce coats duck.



Novel Roast Turkey

1 6 kg turkey
 4 sticks celery
 2 large carrots
 1 deserts spoon paprika
 2 deserts spoon salt
 1/2 t freshly ground black pepper
 2 cups tomato juice
 4 cups ginger ale
 2 cups water
 1/4 cup sherry

Place celery and carrots in turkey cavity.
 Place turkey in a large roasting pan and pour over all other mixed ingredients.
 Bake uncovered for approx 3 hours, turning every 1/2 hour.
 Be careful not to prick skin.
 Turkey can be roasted, sliced and placed into remaining gravy to prevent drying out.

Roast Turkey

1/2 cup oil
 salt and pepper
 paprika, aromat, mixed herbs,
 dried parsley, rosemary,
 garlic salt, onion salt
 1 onion

Basting Sauce:

2 cloves crushed garlic
 1 t salt
 black pepper
 1 cup chicken stock
 1/2 cup lemon juice

Rub turkey inside and outside with oil together with all the spices.
 Lightly oil roasting pan. Place whole onion inside turkey and place in pan.
 Roast 1/2 hour at 180° uncovered. Mix ingredients for basting sauce together. Pour over turkey. Cover with tinfoil to prevent turkey becoming too brown.
 Roast for approx 2 1/2 hours or until turkey is tender, basting frequently with sauce.

MEAT

Page No

77	Milwaukee Brisket
77	Brisket in Mustard Sauce
78	Brisket Supreme
78	Sautéd Devilled Tongue
79	Tongue in Piccallili
79	Ribeye Roast
79	Steak with Almonds
80	Monkey Gland Steak
80	Pepper Steak
81	Chinese Beef Peppers
81	Marinated Scotch Fillet
82	Beef Curry
82	Beef Kebabs
83	Bobotie
83	Sweet & Sour Meatballs
84	Mince Balls in Tomato Sauce
85	Lasagne
86	Italian Meat Sauce
86	Stuffed Cabbage Rolls
87	Veal Casserole
87	Cutlets Stroganoff
88	Mock Oxtail
88	Hawaiian Lamb
89	Shoulder of Lamb
89	Venetian Lamb/Veal
90	Sweet & Sour Spare Ribs



garden's **kosherbutchery**

IN NORWOOD HYPERMARKET (011) 728 6211 AND GALLO MANOR KOSHER BUTCHERY COUNTER (011) 802 3539

Blue Ribbon Meat Corp. wishes

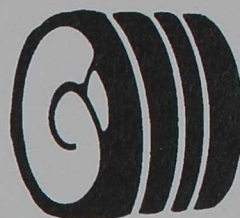
The King David School Every Success for the Future

**ALL MEATS KASHERED
AND READY FOR THE POT UNDER THE
STRICT SUPERVISION OF THE BETH DIN**



**WE OFFER YOU THE
FINEST SELECTION OF QUALITY
KOSHER MEATS CUT TO SPECIFICATION
AT THE MOST COMPETITIVE PRICES**

BEEF



Milwaukee Brisket

1 brisket (approx 3kg)
2 cups water
1/2 cup beer
1 1/2 pkts onion soup mix
1 cup tomato puree
1/4 cup flour
salt, pepper

Mix onion soup mix with water in the roasting pan. Season meat with salt and pepper if desired. Place meat in pot, cover and cook at 180°C for 2 1/2 hours or until almost done. Remove meat to cool.

Pour gravy in a bowl and place in freezer. When fat hardens remove it. Mix gravy with tomato puree, beer and flour.

Slice meat, place it in roaster, add gravy mix and cover. Bake at 180°C for 40 minutes or until meat is tender.

Brisket in Mustard Sauce

1 brisket (2 kg)
1 T dry mustard powder
1 T sugar
1 T vinegar
2 bay leaves
few peppercorns

Sauce

1/2 cup sugar
1/4 cup mustard powder
1/2 t salt
juice of 1 lemon
1 cup boiling water
1 cup mayonnaise
1/4 cup vinegar
2 T flour

Simmer a pickled brisket in water slowly, to prevent shrinkage, for about 3-4 hours.

Add mustard, sugar, vinegar, bay leaves and peppercorns.

Plunge into cold water to prevent crust from forming. Slice the brisket and place in a shallow dish.

Place flour, mustard, sugar, salt and boiling water in a pot.

Bring to the boil, stirring well.

Remove from the stove and add the vinegar, mayonnaise and lemon juice. Pour over the brisket and bake at 160° for 1/2 hour.



Brisket Supreme

3 kilos boned brisket (can use
raisin rib or similar)
1 cup Coca Cola
1 Cup chutney
1 pkt brown onion soup
1/2 cup tomato puree
2 T Soya sauce
salt and pepper
1 t ground ginger

Mix all above ingredients together except the brisket. Place brisket on large double folded piece of tinfoil.

Pour sauce over and fold tinfoil carefully around meat.

Place in roasting pan in 150° oven for 4-5 hours. When meat is tender take out, retain gravy, slice, place in casserole dish and pour gravy over.

Sautéed Devilled Tongue

1 pickled tongue (cooked and
peeled)
2 t worcester sauce
2 chopped pickled cucumbers
1/2 cup tomato sauce mixed
with a little water
3 T chicken fat
1 t dry mustard
Cayenne pepper

Cut cold cooked tongue into slices.

Melt fat and fry slices till a delicate brown. Put the slices in a well heated pyrex dish and put aside.

With the same pan as used for tongue, place all ingredients and allow to simmer for a few minutes.

Pour sauce over the slices of tongue and simmer for a further 10 minutes.



Tongue in Piccallili

1 pickled tongue
1 bottle piccallili - chopped
into smaller pieces
1 1/2 cups water from tongue
2 t maizena

Boil tongue 3-4 hours and slice. Place slices in an ovenware dish. Boil piccallili and tongue gravy. Make a paste with maizena and extra tongue gravy.

Add to piccallili to thicken slightly.

Pour over tongue and bake at 180°C for 15-20 minutes. Serve with rice.

Ribeye Roast

2 kg ribeye roast
mustard powder
garlic salt, onion, salt, mixed
herbs, crushed green
peppercorns
1 cup red wine
2 T soya sauce
1/2 cup tomato sauce

Rub meat generously with mustard powder. Season well with all the spices. Pour over wine, soya sauce and tomato sauce. Leave to marinade for 1-2 days.

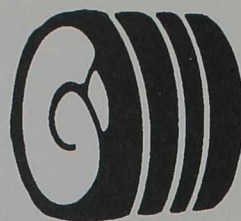
Roast at 200° for about 1 hour.

Serve with a mushroom and greenpepper sauce.

Steak with Almonds

1 kg steak
2 T pareve margarine
slivered almonds
400 g mushrooms, sliced
1 tin drained asparagus tips
2 T chopped parsley
1 egg cup of brandy

Flour thickly sliced and seasoned steak. Fry in a little oil. Remove to ovenproof dish. Into same pan place margarine and saute a handful of slithered almonds and mushrooms. Add asparagus tips, parsley and brandy and stir in. Pour over steak. Place in 200-220° oven for 10 minutes. Serve immediately.



Monkey Gland Steak

1 kg steak
 2 big onions - chopped
 4 T tomato sauce
 1 1/2 T worcester sauce
 shake of salt, pepper, paprika
 1 deserts spoon syrup
 1 deserts spoon sugar
 few green pepper chunks
 1 heaped t mustard
 2 heaped t mustard pickles
 shake of garlic flakes
 3/4 cup vinegar and water
 mixed
 flour and water to thicken

Wash steak. Cut off fat. Prepare and dry. Salt and pepper each piece and make a small slit in each piece (so it does not curl while cooking).

Fry onions and green pepper chunks in oil until light brown.

Add rest of ingredients.

When sauce starts to boil add raw steak and cook on low for approximately 1/2 hour.

Pepper Steak

6 slices steak
 garlic salt
 coarsely ground peppercorns
 4 T salt
 1 T flour
 1/4 cup sherry
 2 T brandy
 1/2 t gravy powder
 1 cup chicken stock
 1 sachet orly whip
 pinch salt

Season steak with garlic salt and press crushed peppercorns into both sides. Combine sherry and brandy and heat in a pot.

Remove, flame and put aside.

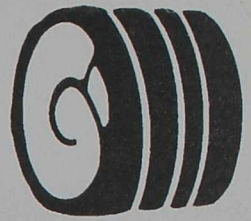
Mix gravy powder with a little water and combine with chicken stock.

Fry steak in hot oil in a pan to brown.

Remove to platter and keep warm in oven.

Sprinkle flour over oil and stir in. Add stock, brandy and orly whip and stir until mixture thickens. Add salt to taste.

Pour over steak and serve immediately.



Chinese Beef Peppers

1 kg steak
2 green peppers
300 g mushrooms
1 desertspoon soya sauce
2 T maizena
1 t salt
1 t sugar
oil

Sauce

1 T maizena
1 T soya sauce
1/4 cup water
pepper, pinch of sugar
1 tin bean sprouts (optional)

Cut steak, mushrooms and peppers into thin strips.

Mix steak, sugar, salt, maizena, soya sauce and a little oil.

Mix sauce ingredients in separate bowl.

Fry the steak mixture in some oil quickly. After a few minutes add mushrooms and peppers.

Continue frying for a short while until almost cooked.

Add sauce mixture and cook for a short while (5-7 minutes).

Serve on rice.

Marinated Scotch Fillet

1 1/2-2 kg scotch fillet
1 chopped onion
1 chopped green pepper
1 clove garlic
2 T sugar
4 T tomato sauce
2 T worcester sauce
1 cup vinegar
salt and black pepper
2 T oil
dash of peri peri powder,
garlic salt, ginger

Mix together all ingredients.

Flavour meat with spices.

Marinate meat in above mixture for one to three days before roasting.



Beef Curry

oil for frying
 2 kg stewing steak - cubed
 20 ml curry powder
 10 ml tumeric
 10 ml ground coriander
 10 ml ground ginger
 10 ml sugar
 salt and pepper to taste
 37.5 ml sultanas
 250 ml peeled and finely
 chopped apples
 50 ml fruit chutney
 4 lemon leaves, bruised
 2 cloves garlic - chopped
 1 onion - chopped
 410 g can whole tomatoes -
 drained and chopped
 (reserve liquid)
 water

Heat oil in large pot and brown the steak, onion and garlic.

In a bowl combine curry powder, spices, sugar, seasoning, sultanas, apple, chutney and add to the steak. Mix well.

Add lemon leaves and tomatoes.

Simmer, covered until meat is almost tender.

After 1 1/2 hours add reserved tomato liquid.

If curry becomes too dry. Add potatoes and cook a further 30 min, adding more liquid if necessary.

Serve with boiled rice with fried bananas rolled in coconut, diced pineapple, chopped onions and tomatoes

Beef Kebabs

500 ml vinegar
 1 onion - chopped
 5 ml mustard powder
 500 g steak - cubed
 2 green peppers - cubed
 500 g mushrooms
 250 g tomatoes - cut in wedges
 8 pineapple cubes

Combine vinegar, chopped onion and mustard.

Marinate steak in this mixture overnight.

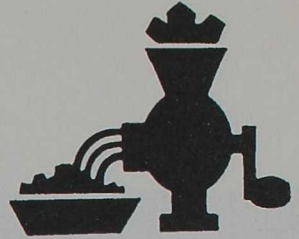
Divide vegetables and meat into four equal portions and thread on 4 skewers.

Start and finish each skewer with a cube of pineapple.

Brush with marinade.

Grill.

MINCE



Bobotie

1 kg mince meat
 2 slices brown bread cut 3mm thick
 500 ml chicken stock
 2 large onions - chopped
 4 T oil
 3 t curry powder
 1/2 t cinnamon
 1 T apricot jam
 1/2 cup seedless raisins
 1 T chopped preserved ginger
 1 pkt beef soup
 2 eggs
 1/2 t dry mustard
 paprika, salt, pepper

Soak the bread in half the stock.

Fry onion in a little oil until soft and golden brown.

Add the meat and stir fry thoroughly.

Add curry powder, cinnamon, jam, raisins and ginger.

Add the soup powder and finely mashed bread.

Whisk the eggs. Add remaining stock, mustard powder, pinch of salt, pepper and paprika.

Add to the meat mixture and spoon into a baking dish.

Sweet & Sour Meatballs

1 kg minced meat
 1/2 cup bread crumbs
 2 eggs
 salt & pepper to taste
 1/4 cup sugar to taste

Sauce

400 g can tomato juice (cocktail)
 small can tomato paste
 400 g can tomatoes
 1/4 cup tomato sauce
 1 t oregano
 1/2-3/4 cup sugar to taste

Combine ingredients for meatballs and mix well.

Make tiny balls.

Combine ingredients for sauce and bring to boil.

Drop meatballs into boiling sauce and cook for 2-2 1/2 hours.

Serve on a bed of rice.



Mince Balls in Tomato Sauce

1 med size onion
1 ripe tomato
1 chicken cube
1 sour apple (small)

1 kg mincemeat
1/2 t ginger
1/2 t garlic salt
2 t salt
1/2 t pepper
1/2 t paprika

2 T matzo meal
1/2 cup water
1 egg

1 tin whole tomatoes
salt and pepper
worchester sauce

Blend in food processor.

Mix together with above tomato mixture.

Add to above mixture.

Make into small balls. Fry in a little oil with onion. Place nicely browned mince balls in a casserole.

Mash tomatoes from tin. Add to oil in pot where mince was fried.

Season well with salt, pepper and a dash of worchester sauce.

Pour over mince and cover. Place in 160° oven for approx 2 hours.

Serve with rice and green salad.



Lasagne

Sauce

2 large onions
 4 cloves garlic
 3 T oil
 750 g mince
 1 1/2 t salt
 pepper
 5 large ripe peeled tomatoes or
 1 can peeled tomatoes
 (liquidised)
 5 T tomato sauce
 1 cup water
 1 t crushed rosemary
 1 t sweet basil

1 pkt green Lasagne noodles

Cheese sauce

1 diced onion
 4 T oil
 2 T flour
 1 chicken stock cube
 2 cups boiling water
 salt and pepper
 2 egg yolks

Simmer chopped onions and crushed garlic in oil until soft.

Add mince which has been mixed with salt and pepper.

Stir on high until meat separates and browns.

Add liquidised tomatoes and tomato sauce.

Add water, rosemary and sweet basil.

Simmer for approx 1 1/2 hours.

Boil noodles in salted water for 20 minutes. Add 1 T oil to the water and drain.

Saute onion in hot oil. Quickly stir in flour. Dissolve stock cube in boiling water and add slowly to mixture stirring all the time.

Stir to form a smooth sauce. When sauce is thick, remove from heat and slowly fold in two beaten egg yolks. Flavour with salt and pepper.

In a large deep flat oven proof dish place a layer of drained green noodles, then a layer of meat sauce and then a layer of white sauce. Continue layering in this order ending with a generous layer of white sauce.

Place in 180° oven and bake for approximately 1/2 hour.



Italian Meat Sauce

500 g mince meat
 1 large onion, chopped
 1 clove garlic, crushed
 1-2 T chopped parsley
 1 t mixed herbs
 1/2 t mustard powder
 1 t sugar
 2 dessertspoons paprika
 1 tin tomatoes
 1 small tin tomato paste
 1 t salt, 1/4 t pepper
 2 cups beef stock
 2 T oil

In a pot brown onion and garlic in oil.
 Add mince and fry until well browned.
 Add the rest of the ingredients and seasoning to meat.
 Simmer for 1 1/2 hours.

Stuffed Cabbage Rolls

12 cabbage leaves
 1 kg mince meat
 1 t salt
 1/2 t pepper
 1 large tomato - grated
 2 eggs

Sauce:

600 ml water
 4 T vinegar
 1 T syrup
 1 410 g tin tomato puree

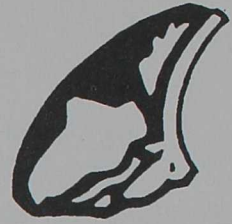
good.

Loosen whole cabbage leaves carefully. Boil them in water for a few minutes to soften them slightly.

Fill cabbage leaves with meat mixture and fold well. Place seam side down in a large casserole dish.

Boil sauce ingredients in a pot for 10 minutes.
 Pour sauce over stuffed cabbage rolls. Cover.
 Bake at 160° for 2 hours. Remove lid for last 15 minutes to brown rolls slightly.

VEAL



Veal Casserole

1 1/2 kg shoulder of veal (or
 veal chops)
 2 onions - chopped
 3 T oil
 1 tin tomatoes
 1 1/2 T chopped parsley
 2 cups diced potatoes
 1 cup stock
 1 bayleaf
 thyme, marjoram, mixed herbs

Season meat with salt and pepper.

Rub with vinegar.

Fry onion in hot oil till soft. Add tomatoes and simmer gently. Pour into greased casserole.

Add bayleaf, parsley and herbs.

Place meat over and cover tightly. Bake at 200°C for 40 mins turning once.

Add potatoes and stock and bake for 45 minutes covered.

Cutlets Stroganoff

4 large veal cutlets
 4 T bread crumbs
 1 1/2 cups mushroom gravy
 1 large egg beaten
 1 T oil
 1 cup parev cream

Dip veal in egg and coat with crumbs.

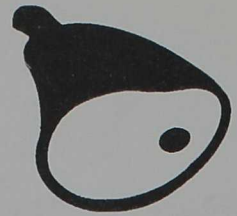
Fry in oil until lightly browned.

Place in baking dish.

Mix mushroom sauce and cream, pour over cutlets.

Cover and bake at 180°C for an hour.

Serve over rice.



LAMB

Mock "Oxtail"

1 k stewing lamb (cut from shank)
salt and pepper
1 t ginger
2 sliced onions
5 large ripe peeled tomatoes
(or 1 tin peeled tomatoes)
4 T tomato sauce
1 cup white beans

Salt and pepper each piece of meat well and place in a pot with a little oil and brown each piece well on all sides.

Sprinkle with ginger whilst browning.

Add sliced onions and stir until onions start browning. Add diced tomatoes, stirring and mashing until pulpy. Add tomato sauce and beans. Cover completely with water and simmer until meat is tender and beans soft.. Transfer to casserole dish and cook at 160° for 4-5 hours.

Hawaiian Lamb

1 1/2 k shoulder of lamb
1/3 cup celery
1/3 cup chopped onion
1/3 cup chopped green pepper
1 clove garlic
1 tin pineapple chunks
1 T cornflour
3 T vinegar
2 T worcester sauce

Roast lamb in 150°C oven for 30 minutes.

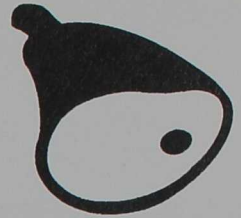
Pour off fat.

Mix celery, onion, green pepper and garlic. Fry for 3 minutes.

Add 1 cup pineapple juice from tin mixed with cornflour and bring to the boil.

Add vinegar, worcester sauce and bring to the boil.

Add pineapple chunks and pour over lamb. Roast lamb for another 45 minutes basting every 15 minutes.



Shoulder of Lamb

shoulder of lamb
 2 chopped onions
 2 cloves garlic - crushed
 2 T flour
 1 cup red wine
 1/2 cup tomato puree
 1 T brown vinegar
 2 bay leaves
 1 cup beef stock
 2 T brown sugar
 1 T worcester sauce
 1 t mixed herbs
 salt and pepper
 baby potatoes
 baby carrots
 1/2 pkt fresh sliced
 mushrooms
 cornflour
 stock

Trim shoulder by cutting off fat and outside membrane.

Brown gently on both sides in oil in a large heavy roaster with lid. Remove from pan.

In the same pan brown onions, garlic. Stir in flour and add wine, tomato puree, vinegar, bay leaves, beef stock, sugar and worcester sauce.

Return the meat to the pot and sprinkle with mixed herbs, salt and pepper.

Baste with this liquid.

Cover securely with tin foil under lid and bake at 180°C for 1 1/2 hours. Turn.

Add potatoes and carrots.

Cook for a further 1/2 to 3/4 hours.

Add mushrooms at this stage.

If necessary thicken gravy with cornflour mixed with a little stock.

Venetian Lamb/Veal

1 shoulder of lamb or veal
 1 t rosemary
 2 onions - chopped
 1 tin tomato puree
 1/4 cup tomato sauce
 1/2 t ginger
 2 T vinegar

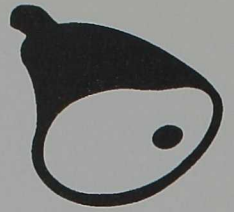
Make slits in lamb or veal.

Add chopped garlic. Season with salt, pepper, organum and rosemary.

Brush with oil and bake at 200°C for 1 hour.

Chop onions and fry in oil until slightly brown and mix with tomato puree, water, tomato sauce, paprika, ginger, worcester

CONT.



1/3 cup syrup
 4 cloves garlic - chopped
 1 t origanum
 2 carrots - sliced
 1/2 cup water
 1 t paprika
 2 T worcestershire sauce
 salt and pepper
 2 bay leaves
 4 peppercorns

sauce, vinegar, syrup and water, carrots, bay leaves and peppercorns.

Pour over meat and roast in a casserole dish with lid on, at 180° for 2 hours or until done.

Baste occasionally.

Serve with sauce.

Sweet & Sour Spare Ribs

1 1/2-2 kg spare ribs
 1/4 cup vinegar
 3 T soya sauce
 1 t sugar
 1/2 t pepper
 4 T flour
 2 T cooking oil.

Sauce

1/2 cup vinegar
 1 1/2 cup brown sugar
 1 cup water
 1 T maizena

Cut ribs into serving pieces and place in large pot. Cover with water and add vinegar. Bring to the boil and simmer for 1 hour.

Drain. Make marinade of soya sauce, sugar and pepper. Pour over ribs and turn frequently to cover each piece.

Remove ribs and shake in brown paper bag with flour. In a large skillet, add cooking oil and brown ribs (not too long or they will dry out). Place in a large casserole dish.

In a saucepan combine sauce ingredients and cook over medium heat until slightly thick. Pour over ribs and bake at 180°C for at least 1/2 hour.

Flour on ribs will thicken the sauce.

Serve over a bed of rice.

VEGETABLES

Page No

93	Baked Mixed Vegetables
93	Pumpkin Fritters
94	French Fried Cauliflower
94	Baby Marrow & Cheese Pie
94	Layered Potatoes a la Difference
95	Honey Sweet Potatoes
95	Mushroom Fritters
96	Grilled Garlic Mushrooms
96	Stir-Fried Cabbage
96	Baked Pumpkin
97	Vegetarian Nut Roast
97	Candied Carrots
98	Sweet Carrot Tzimmis
98	Cauliflower Cheese
99	Courgettes Provencal
99	Ratatouille
100	Mushroom Curry
100	Carrot Kugel
101	Vegetable Lasagne
102	Spinach & Haricot Beans





Mothers here's some 'Food' for thought

Give your children

- boosted confidence
- effective social interaction
- popularity with peers

Introduce them to the wonders of SPORT

PLAYBALL is a sports club exclusively for children.

Tuition in Ball-skills, tennis, soccer, basketball, baseball and volleyball

Phone 485-1352 or 640-1049

With compliments
from



CORPORATION LIMITED

and all its subsidiaries

P.O. Box 15702

Doornfontein

2028

Tel: 402-3200

YOU CAN'T BEAT SERVICE, QUALITY AND STYLING

With compliments

Stan Smidt & Sons

for Watson, Bally, Monique, Klinik & Hang Ten Footwear

JOHANNESBURG, REEF AND PRETORIA

Don't hesitate to phone today —

For Watson, Bally & Monique Bus. 337-6900 for Klinik Bus. 337-8268 for Hang Ten

Bus. 23-1418. Telex: 4-88336 SA

6th Floor, Eplow House, 122 President Street, Johannesburg. Box 7514, Johannesburg 2000

With Compliments

Danish Plus (Pty) Ltd

Sandton City

883-4742



Baked Mixed Vegetables

1 pkt mixed frozen vegetables
(preferably with broccoli or
cauliflower or both)

Milk White Sauce

125 g butter

2-3 T flour

milk

salt and pepper

Meat White Sauce

125 g parev margarine

2-3 T flour

chicken stock cube

salt and pepper

Melt butter/margarine in heavy bottomed
saucepan on high.

Add flour and mix quickly.

Add liquid slowly stirring all the time
until thick (not too thick - not too thin).

Add salt and pepper.

Place vegetables in baking dish.

Pour white sauce over vegetables.

Boil potatoes, mash and press over
vegetables.

Bake at 180° for 30 minutes or until
potatoes start browning.

Pumpkin Fritters

2 cups cooked mashed pumpkin

1 egg, lightly beaten

1/2 cup flour

2 t baking powder

1/2 t salt

1/4 t nutmeg

oil

cinnamon

sugar

Combine pumpkin and egg and mix well.
Sift flour, baking powder, salt and nutmeg
and add to pumpkin mixture.

Mix ingredients together.

Drop spoonfuls into hot oil.

Fry until golden brown on both sides.

Drain and serve hot with cinnamon and
sugar.

Makes 12 fritters.



French Fried Cauliflower

4 1/2 cups cooked cauliflower
1 or 2 eggs
1 cup dry bread crumbs

Dip cauliflower into slightly beaten egg.
Roll in crumbs and fry in hot deep fat until brown. Drain on absorbent paper.
Serves 6-8.

Baby Marrow & Cheese Pie

1 kg baby marrow
3 eggs
2/3 cup grated cheese
2 T melted butter or oil
1 t salt
4 T matzo meal
250 g smooth cottage cheese

Grate baby marrow.
Add all other ingredients and mix together.
Place in greased square pyrex dish (32cm)
Place uncovered in oven at 180° for about 1 hour until firm and nicely browned.

Layered Potatoes a la Difference

10 potatoes
3 onions
3 tomatoes
sliced mushrooms
Schmaltz or parev margarine
1 sachet orly whip
salt & pepper

Peel potatoes. Layer sliced potatoes, chopped onions, sliced tomatoes and margarine. Repeat.
Add layer sliced mushroom, salt and pepper on top.
Add 1 sachet of Orly Whip.
Bake very very slowly for 5 hours at 150°C.
Can be baked slowly overnight for Shabbat.



Honey Sweet Potatoes

1 pkt frozen sweet potatoes
 100 g pecans
 60 g butter
 1 t grated orange rind
 1 cup orange juice
 1/4 cup honey
 pinch cinnamon
 2 T chopped chives (optional)

Add frozen potato pieces to a pot of boiling water. Boil uncovered for 5-10 minutes - until just tender. Drain. Melt butter in pan. Add pecans. Cook, stirring until pecans are lightly browned and remove from pan. Add orange rind, juice, honey and cinnamon to remaining butter in pan. Bring to boil uncovered until liquid is reduced by half. Add potatoes, cook, stirring until heated through. Stir in chives. Butternut can also be used instead of potatoes.

Mushroom Fritters

500 g mushrooms
 salt
 juice of 1/2 lemon

Beer Batter

1 1/2 cups beer
 1 cup flour

Remoulade Sauce

1 cup mayonnaise
 1 t capers
 1 T chopped pickled cucumber
 1/2 t dried tarragon
 1 t dried Cheevil
 chopped parsley
 1 T chopped onion

Trim stems from mushrooms. Wipe with a damp cloth and arrange on a platter, stems up and sprinkle with salt. Let stand for 1 hour. Turn the mushrooms over and sprinkle with more salt and lemon juice. Allow to stand for a further hour. Dip the caps in the beer batter and fry them a few at a time in deep hot oil for about 4 minutes till golden. Drain on absorbent paper and sprinkle with chopped parsley. Pour beer into mixing bowl and blend with flour to make consistency of heavy cream.

Mix all ingredients for sauce and serve with fritters.



Grilled Garlic Mushrooms

6-8 big black mushrooms
250 g butter or margarine
2-3 cloves garlic crushed
salt and pepper
pinch of herbs
dash of dry mustard
2 T chopped parsley

Soften butter or margarine.

Mix all ingredients except butter/margarine and mushrooms. Place mushrooms on a greased baking tray or dish.

Place a big blob of butter mixture on each mushroom. Place under grill for 10-15 minutes. Sprinkle cheddar cheese on top of butter if desired. Do not over-cook.

Stir-Fried Cabbage

1 head cabbage
oil for frying
1 onion - diced
crushed garlic powder to taste
salt and pepper

Cut cabbage into quarters and slice thickly. Soak in cold, salted water for 10 minutes. Rinse off thoroughly. Heat oil in pan or wok. Sauté onions and garlic until golden. Add cabbage, stir and fry for a few minutes until it is tender, but not limp. Season to taste with salt, pepper, garlic powder.

Baked Pumpkin

500 g pumpkin
2 T butter
salt and pepper
1 t sugar
1 stick cinnamon

Cut pumpkin into large pieces. Put into buttered fireproof dish. Add other ingredients and bake in medium oven, basting from time to time.



Vegetarian Nut Roast

4 eggs
 100 g mixed unsalted nuts -
 finely ground
 6 medium carrots - grated
 1 tin peeled tomatoes
 1 onion
 2 T oil for frying onion
 seasoning: 1/2 veg cube and 1 t
 mixed herbs

Chop onion and fry in oil with grated carrots till soft.

Add tomatoes and cook 10-15 minutes.

Add seasoning.

Grind nuts in coffee grinder. Blend carrot mixture in blender till smooth.

Add eggs and blend together.

Pour into casserole dish with ground nuts and mix well together.

Bake in pre-heated oven at 180°C for 30-40 minutes till set and brown.

Candied Carrots

4 carrots
 1/2 t salt
 1/3 cup brown sugar
 1/2 stick margarine
 1 orange (optional)

Cook sliced carrots in small amount of salted water. Drain water.

Save 1/3 to 1/2 cup of water and set aside in a small pan.

Add the brown sugar and margarine and cook over low heat until margarine melts. Pour syrup over carrots and serve.

Variation

Prepare carrots as above. Place in a 23cm x 23cm baking dish. Leave sides of pan free and place orange slices along all four sides. Bake at 180°C for 1/2 hour. The taste of oranges will become absorbed in the carrots, but the orange slices themselves become too dry to serve.



Sweet Carrot Tzimmes

1 bunch carrots cut into 1"
pieces
6 sweet potatoes
1/2 cup pitted prunes
(optional)
1 cup orange juice
1/2 cup honey
1/2 t salt
1/4 t cinnamon
margarine or oil

Wash and peel carrots and sweet potatoes. Cook carrots and potatoes in boiling, salted water to cover, until tender but firm. Line a shallow baking dish with silver foil. Drain carrots and sweet potatoes and place in pan with prunes. Stir gently. Mix orange juice, honey, salt, and cinnamon. Pour evenly over casserole. Dot top with margarine or oil. Cover with foil and bake in preheated oven at 180°C for 30 minutes. Stir gently and bake uncovered another 10 minutes.

Cauliflower Cheese

1 cauliflower
Sauce
25 g flour
1/2 t made mustard
4 T grated cheddar cheese
seasoning
75 ml milk
To Garnish
chopped parsley
toast

Prepare and cook the whole or sprigged cauliflower until just soft — do not overcook. Make a sauce of the butter or margarine, flour, seasoning and milk or use half milk and half cauliflower stock. Put the cauliflower into a hot serving dish. Stir the cheese into the hot sauce. Coat the cauliflower and serve at once garnished with the parsley and triangles of hot toast.



Courgettes Provèncal

350 g courgettes (or use diced,
peeled marrow)
30 g butter or margarine or a
little oil
1-2 cloves crushed garlic
1 large sliced onion
1 large can tomatoes or 350 g
peeled chopped tomatoes
75 ml water
seasoning

Wash the courgettes and cut into 1 inch slices — do not peel. Heat the butter in a large frying pan or 75 ml saucepan, toss the garlic and onion in this. Add the tomatoes and simmer for a few minutes. Put in the courgettes and seasoning. Cover the pan and lower the heat and cook for approximately 10-15 minutes, until the courgettes are tender.

Ratatouille

500 g onion - chopped
6 medium tomatoes, skinned and
chopped
1 eggplant, sliced thin
1 green pepper, sliced and
seeded
500 g baby marrow - sliced
stalk of celery - sliced
1/4 cup oil
2 cloves garlic
thyme, sage, origanum
mushrooms (optional)
1 T parsley - chopped
salt and pepper, paprika

Heat oil, saute onions.

Put layer of onions at bottom of casserole. Saute vegetables separately and then put each layer in the casserole. Season each layer of vegetables.

Add herbs.

Add water to cover, about 1 glass.

Bake in 180°C oven for 1/2 hour with lid on casserole. Sprinkle with chopped parsley before serving.



Mushroom Curry

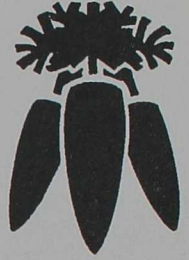
250 g mushrooms - cleaned
and diced
1/4 cup oil
1 medium onion
1 tomato
2 t curry powder
1 egg
salt

Dice onion and tomato. Heat oil or fat in pan.
Brown onion and tomato.
Add curry powder, mushrooms and salt.
Let the mixture simmer adding 1/4 cup hot
water. When the liquid has evaporated, break
in egg and cook for another 5 minutes, stirring
all the time.
Serve with hot rice.

Carrot Kugel

1 1/2 cups grated carrots
1 1/4 cups flour
1 t bicarbonate of soda
1 t baking powder
1/2 t salt
2/3 T oil
1/2 cup brown sugar
1 egg
1 T orange juice
1 t lemon juice
1/4 t cinnamon

Mix all together till well blended.
Bake in well-greased pan at 180°C for
approximately 45 minutes.



Vegetable Lasagne

500 g spinach, steamed and chopped
2 onions - chopped
1 carrot - grated
2 celery stalks - chopped
2 garlic cloves - crushed
1 tin whole peeled tomatoes
1 tin tomato puree
2 T chopped parsley
100 g sliced mushrooms
150 g noodles - cooked
450 g cheese - grated

Gently fry onion, carrot, celery and garlic. Add tomatoes, parsley and stir until thickened.

Add vegetable stock cube and little stock if necessary.

Add mushrooms.

Layer half tomato mix, half noodles, cheese, then all the spinach and rest of tomato mixture, noodles and cheese.

Bake for 15 minutes at 180°C.



Spinach & Haricot Beans

2 bunches spinach (cleaned,
stalks removed and
chopped)
1 cup haricot beans
2 T oil
1 onion
2 large slices shin
3 cups water
1 can tomato puree
2 T tomato paste
salt and pepper

Place beans in water and boil.

Drain the water.

Place beans in cold water and boil again.

Repeat this operation 2 or 3 times to soften the beans.

Drain.

Fry onions in oil till nearly black but not burnt.

Fry meat (if used) for few minutes on both sides.

Fry the drained beans for 5 minutes.

Add water, tomato puree and tomato paste, salt and pepper.

Cook on high till beans are tender (approximately 1 hour) adding more water if needed.

Add spinach.

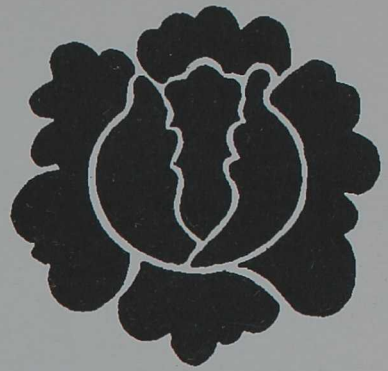
Cook for a further 15 minutes.

Serve with rice.

SALADS

Page No

105	Artichoke Salad
105	Broccoli and Cauliflower Salad
106	Butternut Salad
106	Sweet and Sour Cabbage Salad
107	Mixed Bean Salad
107	Different Carrot Salad
108	Layered Garden Salad
108	Lettuce and Nuts Salad
109	Mushroom and Greenbean Salad
109	Curried Pineapple Rice Salad
110	Moulded Potato Salad
110	Mozzarella and Tomato Salad
111	Sephardic Salad
111	Spinach Salad
112	Pineapple Salad
112	Chinese Cucumber Salad
113	Cauliflower Salad
113	Noodle Salad
114	Avocado Pear and Grapefruit Salad



SALAD DRESSINGS

Page No

114

Avocado Salad Dressing

114

Thousand Island Dressing

115

French Salad Dressing

115

Roquefort Salad Dressing

PICKLES

116

Mixed Pickled Vegetables

116

Pickled Cucumbers





Artichoke Salad

- 1 tin artichokes
- 1 tin mushrooms
- 1 tin asparagus cuts

Dressing:

- 1/4 cup oil
- 1/2 cup vinegar
- 3 t sugar
- 1/2 t salt

Drain tins and combine vegetables in a bowl.

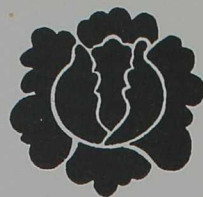
Beat all ingredients for dressing together.
Pour over vegetables.

Allow to stand 1 hour before serving.

Broccoli and Cauliflower Salad

- 1 cup mayonnaise
- 1/2 t parsley
- 1/2 t onion salt
- 1 bunch broccoli
- 2 hard boiled eggs - chopped
- 2 pimentoes - chopped
- 250 ml sour cream
- 1/2 t dillweed
- 1 head cauliflower
- 10 ripe olives coarsely
chopped
- 1 small onion - chopped

Combine all ingredients.
Toss lightly.
Refrigerate overnight.



Butternut Salad

2 butternuts
1 pineapple
1/2 green pepper
few lettuce leaves

Peel and grate the butternuts.

Peel the pineapple and cube and quarter it.
Grate the rest. Chop the green pepper.

Combine the grated butternut and pineapple in a mixing bowl.

Arrange the lettuce leaves on a flat salad platter and spoon the butternut mixture into the leaves. Combine the cubed pineapple and chopped green pepper and arrange on top of the salad. Chill.

Serves 4-6.

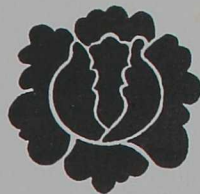
Sweet & Sour Cabbage Salad

1 cabbage - shredded.

Dressing:

1 onion - chopped
1 cup vinegar
1/2 cup oil
1/2 cup sugar
2 cloves crushed garlic
1 level T salt
1 T caraway seeds
freshly ground black pepper

Beat above ingredients and pour over cabbage.



Mixed Bean Salad

3 fresh red pimentos -
chopped
3/4 cup chopped green
peppers
1/3 onion - chopped
4 tins of different beans
(butter, green, sugar, lima)
2/3 cup oil
1/2 cup sugar
2/3 cup brown vinegar

Mix oil, sugar, vinegar and juice from 1 tin of
beans together.

Add to rest of ingredients.

Mix well.

Refrigerate.

Keeps very well.

Different Carrot Salad

1 k sliced carrots
2 large onions - chopped
2 large green peppers -
chopped
1 pkt tomato soup
200 ml water
20 ml white vinegar
50 ml oil
200 mg sugar
2 T worcestershire sauce
1 heaped t hot mustard

Mix carrots, onions and peppers.

Mix the rest of the ingredients into a pot and
bring to the boil.

Pour over vegetables and let cool.

Delicious the next day.



Layered Garden Salad

1/2 lettuce
 2 cups frozen peas
 2 hard boiled eggs
 250 g mushrooms
 125 g strong cheese
 1 cup mayonnaise
 2 T sour cream
 2 t prepared mustard
 1 T lemon juice
 1 tomato
 2 T chopped parsley

Make this colourful salad the day before it is required for the best results. Shred lettuce coarsely. Place in salad bowl. Sprinkle uncooked frozen peas over lettuce. Push eggs through sieve. Combine with finely sliced mushrooms. Spread over peas. Top with grated cheese. Combine mayonnaise, sour cream, mustard and lemon juice. Pour over cheese.

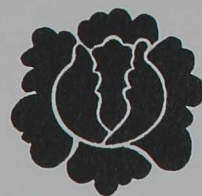
Cover, refrigerate overnight. Just before serving cut tomato into quarters and decorate on top.

Lettuce & Nuts Salad

1/2 glass pecan nuts
 2 T oil
 1/2 t salt; 1/2 t garlic powder
 1 whole lettuce
 2 carrots
French vinegar dressing:
 2 T vinegar
 2 T lemon juice
 1/4 t mustard
 1/2 t salt; 1/4 t black pepper
 1/4 t paprika
 1/2 t sugar
 1 T chopped dill
 1/2 glass salad oil

Chop the nuts to medium size. Fry them lightly in oil until slightly brown. Stir constantly while frying to prevent burning. Put the fried nuts on a paper towel to absorb the oil. Sprinkle the nuts with salt and garlic powder. Wash the lettuce and dry the leaves. Cut to small pieces and put in a bowl. Peel the carrots and grate them. Add to the salad. Mix all ingredients for dressing together except the oil. Pour the oil slowly constantly stirring the mixture.

Add french vinegar dressing to salad just before serving. Toss lightly and sprinkle the nuts on top.



Mushroom & Greenbean Salad

500 g mushrooms - sliced
500 g frozen green beans -
thawed
1 onion - chopped
parsley - chopped
salt and pepper
1/2 cup oil
1/2 cup vinegar
1 clove garlic - crushed

Mix all ingredients together in a salad bowl.

Sprinkle with dressing.

Toss and serve.

Curried Pineapple Rice Salad

500 ml cooked brown rice
2 celery stalks - chopped
1 green pepper - chopped
1 small onion - chopped
12,5-25 ml curry powder
2 ml dry mustard
5 ml salt
125 ml mayonnaise
25 ml lemon juice
500 ml fresh pineapple
chunks
75 ml chopped peanuts

Mix together rice, celery and green pepper.

Mix onion, curry powder, dry mustard, salt and mayonnaise.

Stir in lemon juice.

Toss rice mixture with mayonnaise mixture.

Add pineapple and just before serving sprinkle peanuts on top of salad.

Serve cold with rolls.

This makes a light summer meal.



Moulded Potato Salad

5 t Ardi (kosher substitute for gelatine)
 1 tin mixed vegetables
 1/2 cup juice from mixed vegetables
 4 large boiled potatoes - diced
 3-4 pickled onions - cut up or a little fresh onion
 cayenne pepper
 salt and pepper
 1/2 cup mayonnaise
 1 bouillon cube

Stir Ardi into the heated juice from vegetables. Remove from stove and add mayonnaise, stirring thoroughly.

Add other ingredients.

Place in an oiled mould and chill until set.

Unmould and decorate with tomato rose in the centre, black olives, lettuce, parsley, etc.

Mozzarella and Tomato Salad

500 g tomatoes thinly sliced
 2 onions - thinly sliced in rings
 chopped spring onion

Dressing:

2/3 cup oil
 1/3 cup tarragon white wine vinegar
 2 T sour cream
 1 t prepared mustard
 1 clove crushed garlic
 1 T chopped parsley
 1 T chopped basil or 1/2 T dried)

Layer tomatoes and onions in a shallow serving dish.

Combine all dressing ingredients in a jar and shake well.

Pour over tomatoes.

Sprinkle with spring onion.

Add slices of mozzarella cheese to salad.



Sephardic Salad

3/4 kg green pepper
 3/4 kg tomatoes
 1/2 t salt
 4 garlic cloves
 1/2 t cumin
 1/4 cup oil

Grill the green peppers turning them often from side to side until they are brown and bubbles are forming. Put the peppers in paper towels until cool so as to make peeling easy. Take off the skin and cut the peppers into either cubes or strips. Put the tomatoes in boiling water for about 1 minute. Take them out and peel their skins. Cut the tomatoes. Add to the peppers and add all the spices.

Spinach Salad

1 lettuce shredded
 6-8 spinach leaves - shredded
 6 spring onions - chopped
 1 avocado pear

Dressing:

6 T oil
 2 T lemon juice
 1 t worcester sauce
 1/2 t salt
 1 clove garlic

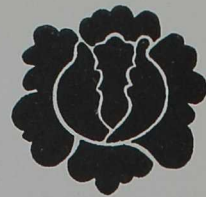
Croutons:

3-4 slices bread
 2 t mixed herbs
 2 t onion soup powder

Cube and fry bread in oil.

Sprinkle with mixed herbs and onion soup powder.

Pour dressing over salad just before serving. Add croutons last.



Pineapple Salad

1 pineapple
1 peeled green cucumber
2 peeled green apples
2 stalks celery
2 T raisins
1/2 pkt pecan nuts - chopped

Dressing:

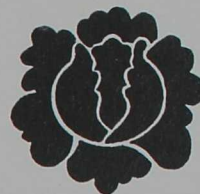
2 T mayonnaise
1 T lemon juice
2 t sugar

Chop up all vegetables.
Pour dressing over.

Chinese Cucumber Salad

2 cucumbers
1 T vinegar
1 T oil
1 T soya sauce

Do not peel cucumbers. Slice thinly.
Toss with vinegar, oil and soya sauce.
Mix together and chill.



Cauliflower Salad

1 large cauliflower
1/3 cup diced celery
1/4 cup chopped pickles

Dressing:

2 T mayonnaise
1/4 t mustard
2 T lemon juice
1/2 t salt

Cook cauliflower (in pieces) in salt water for approx 5 minutes.

Drain and cool. Add celery, pickles and dressing.

Mix mayonnaise, mustard, lemon juice and salt together.

Noodle Salad

1 pkt cooked shell or screw
noodles

1 green pepper - sliced
1 onion - chopped

Dressing:

250 ml tomato sauce
125 ml vinegar
125 ml oil
200 ml white sugar
2-3 t curry powder
dash tobasco sauce
pinch pepper

Combine all the ingredients for dressing and pour over noodles.



Avocado Pear & Grapefruit Salad

2 avocado pears

2 grapefruit

Dressing:

125 ml yoghurt or 1/2 cup
smooth skimmed milk
cheese

2 t honey

Cut avocados in half. Remove stones and peel. Sprinkle with lemon juice to prevent discolouring and cut into bite size pieces.

Remove skin and pith from grapefruit. Cut out segments and cut into suitable pieces.

Mix together and serve with yoghurt/cheese dressing. Serves 4

Avocado Salad Dressing

2 ripe avocados

2 T lemon juice

salt, pepper to taste

1 t anchovy paste

1/2 cup vinegar

1 cup mayonnaise

Blend all ingredients together till smooth. Pour over french salad.

Thousand Island Dressing

1 cup mayonnaise

1/2 cup tomato sauce

1 t worcester sauce

dash peri-peri powder

1 t vinegar

salt

coarsely ground black pepper

Blend all ingredients.



French Salad Dressing

3 T brown sugar
 1 full t salt
 1 t mustard powder
 1 t ground black pepper
 1 t origanum
 little peri-peri powder
 1 cup vinegar
 1 cup oil
 1/2 cup water

Mix all ingredients together in food processor.
 Can be kept in fridge for days.

Roquefort Salad Dressing

1/2 cup cut up Roquefort cheese
 1 cup mayonnaise
 1/4 cup minced parsley
 1/2 cup sweet cream
 1 T lemon juice
 1/4 t freshly ground black pepper
 3 T cut up spring onion
 1 clove garlic - crushed
 1 dessertspoon anchovy paste
 1/4 cup vinegar
 1/4 t salt

Mix together very well.
 Chill and leave in refrigerator overnight before using in order that flavours may blend.



Mixed Pickled Vegetables

- 1 cauliflower cut into flowerettes
- 1 punnet fresh button mushrooms
- 1 punnet baby marrows
- 1 punnet baby carrots
- 1 punnet green beans

Sauce:

- 1 cup vinegar
- 1 cup water
- 3 large T tomato sauce
- 1 large clove garlic
- 2 T oil
- 1 T fresh lemon juice
- 2 t origanum
- 1 t salt
- 2 T sugar

Mix all sauce ingredients together in pot and bring to boil.

Boil for 5 to 8 minutes.

Pour over washed vegetables in jars and seal immediately.

Ready to eat within 24 hours.

Pickled Cucumbers

- 10-12 small cucumbers (whole)
- 1 cup vinegar
- 3 1/2 cups water
- 4 cloves garlic (optional)
- 2 T sugar
- 1 T salt
- 2 bayleaves
- 1 t peppercorns

Wash cucumbers well and cut off ends. Place in a medium jar. Boil together all the ingredients for 5 minutes.

Pour immediately over cucumbers and close jar tightly. Cool and refrigerate.

Ready to eat within 12-24 hours.

Can be made with cauliflower and also pickling onions.

HOT DESSERTS

Page No

119

119

120

120

121

121

121

122

122

123

123

123

124

124

125

125

126

126

Apple 'n Apricot Pie

Rice Apple Crisp

Hot Pareva Pudding

Ginger Cream Pears

Caramel Chocolate Sauce

Hot Fruit Pudding

Banana Fritters

Easy Crêpe Suzettes

Lemon Pudding

Gooseberry Buckle

Quick Peach Dessert

Bananas Carribean

Chocolate Pudding Cake

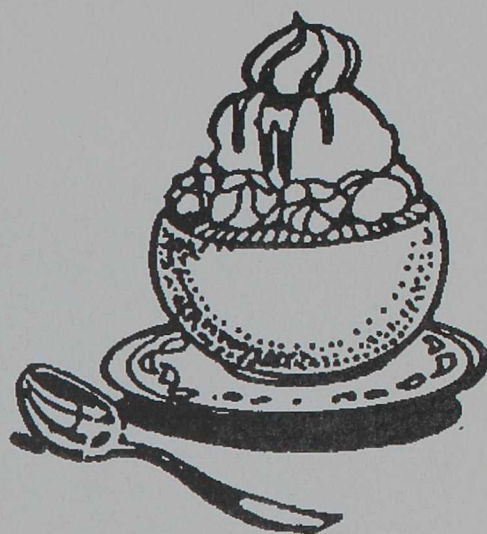
Apple Horse Shoe

Baked Pineapples

Hot Apple Pudding

Malva Pudding

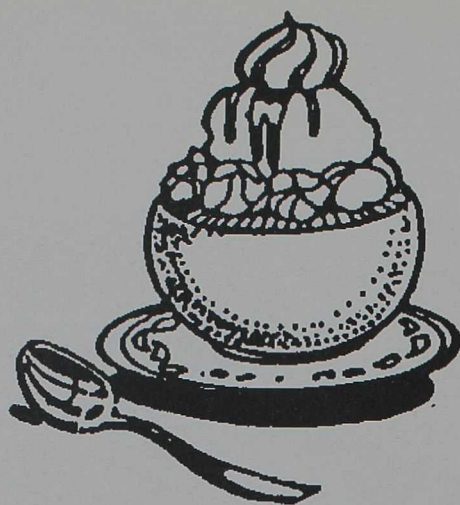
Bread & Butter Pudding



COLD DESSERTS

Page No

127	Frozen Lemon Pavlova
127	Pareva Trifle
128	Mandarin Pudding
128	Strawberry Dessert
128	Apple Plum Pudding
129	Youngberry Hazelnut Meringue Gateau
129	Easy Peppermint Crisp Pudding
130	Champagne Fruit Salad
130	Lychee Pudding
131	Whisper Pudding
131	Boudoir Pudding
132	Pineapple Cream Pudding
132	Oranges in Cointreau
132	Frozen Limousine
133	Sherbert Surprise
133	Cream Caramel
134	Chocolate Truffles
134	Chocolate Pudding
135	White Silky Chocolate Mousse
135	Chocolate Mousse
136	Chocolate Ice Cream Brick
136	Coffee Liqueur Ice Cream





Apple 'n Apricot Pie

1 tin pie apples
1 tin apricots
1 cup flour
1 cup sugar
3/4 cup oil (200 ml)
2 eggs
2 t vanilla essence
2 t baking powder

Beat eggs, sugar and oil.

Add vanilla, flour and baking powder.

Grease large pyrex dish with oil.

Place apples in pyrex dish and cover with apricots and juice.

Spoon butter over this to cover completely and bake at 180° for approximately 40 minutes until golden brown.

Rice Apple Crisp

750 ml cooked brown rice
1 litre milk
100 ml brown sugar
10 ml cinnamon
5 ml vanilla essence

Topping:

3 apples, peeled, cored and sliced
50 g melted margarine
25 ml brown sugar

Place the cooked rice, milk, and sugar in a saucepan and bring to the boil. Reduce heat and simmer for about 30 minutes, or until the mixture is thick and all the milk has been absorbed.

Add the vanilla essence and cinnamon and mix well.

Place the rice mixture into a serving dish.

Peel, core and slice the apple rings.

Melt the margarine and fry the apple rings in a saucepan and add the sugar. Place the apple rings overlapping in a spiral around the dish.

Bake at 180°C for 30 minutes until golden brown. Delicious served with cream.



Hot Pareva Pudding

1 box finger biscuits
 little sherry or red kosher
 wine
 2-3 bananas
 juice of 1/2 lemon
 1 box only whip
 1 box vanilla instant pudding
 3 egg whites
 1/2 cup sugar

Line a fairly deep pie dish with finger biscuits dipped in sherry or red wine. Cover the finger biscuits with sliced bananas, sprinkle a bit of lemon juice over the bananas.

In a separate bowl beat only whip and vanilla instant pudding. Spread this mixture over the bananas. (This part can be made well in advance and frozen).

About 1/2 hour before serving, beat up egg whites and sugar till stiff. Spread over pudding and bake at 180° for 20 minutes.

Ginger Cream Pears

1 small tin pear halves
 1 t ground ginger
 grated rind of 1/2 lemon
 1 T butter
 125 ml cream
 pinch of ground nutmeg,
 cloves, cinnamon
 juice of 1/2 lemon
 1 T cornflour

Heat together pear juice, spices, lemon rind, lemon juice, butter and cornflour.

Stir till thickened and cook for 2 mins.

Transfer to ovenproof dish. Arrange dish and place in warm oven.

Serve warmed pears in individual dishes topped with cream and the hot sauce poured over.



Caramel Chocolate Sauce

4 Bar-One chocolates
125 ml cream
1 cup milk
1-2 drops vanilla essence

Melt chocolates in double boiler. Add cream, milk and vanilla essence. Mix well.
If necessary, add extra milk for a smooth, creamy consistency.
Serve immediately over ice cream.

Hot Fruit Pudding

1 can peaches
1 can lychees
1 can cherries
1 can pineapples
2 T brandy

Drain fruits and reserve juice. Place all fruits in a pie dish. Heat half the juice in a saucepan and thicken with maizena or custard. Add brandy. Pour sauce over fruit and heat.
Serve with vanilla ice cream.

Banana Fritters

4 bananas
1/2 cup flour
1/2 cup milk
1 egg
1 T sugar
1 t butter
1/2 t baking powder
pinch salt

Mix flour, milk, sugar, melted butter, egg yolk, baking powder and salt.
Beat up white of egg and fold into mixture.
Slice bananas in half and dip in batter.
Fry each piece in hot oil.
Roll in cinnamon and sugar and serve hot.



Easy Crêpe Suzettes

2 eggs
1 cup milk
2 T butter
1/2 cup flour
1 t baking powder
pinch salt

Sauce:

1 litre orange juice
1-2 T brown sugar
125 g butter
juice of 1 lemon
1 capful of contreau
1 small tin peach slices,
drained (optional)
1 tin pitted cherries, drained
(optional)

Heat milk and butter until butter is nearly melted. Remove from stove. Beat eggs and add flour. Pour milk and butter slowly into egg mixture, beating all the time.

Add salt and baking powder. When all is well mixed, beat again. Fry the crêpes in a greased heavy bottomed pan. (They are ready when they come away from the sides of the pan). Flip and fry for a short time on the other side. Fold into envelopes or roll up and place in a deep ovenware dish.

Heat all the ingredients for the sauce. Taste. It must be sweet as the crêpes have no sugar. Pour over crêpes and allow to stand in a warm oven to absorb liquid. Serve with ice cream.

Lemon Pudding

100 - 125 g sugar
50 g butter
15 ml boiling water
50 g flour
juice and grated rind of 1 large
lemon
2 eggs, separated
225 ml milk

Cream together the sugar and butter, adding the boiling water to make the mixture workable. Stir in the flour, lemon juice and rind. Whisk the egg yolks in the milk and add to the creamed mixture a little at a time. Beat the egg whites until stiff and fold into the mixture. Pour the pudding into a buttered 1 litre pie dish and stand it in a roasting tin half filled with warm water. Bake at 180° for 45 minutes. Serve hot or cold with a little cream (optional).



Gooseberry Buckle

3/4 cups sugar
120 g soft butter
2 eggs
1/2 cup milk
2 cups flour
2 t baking powder
1/2 t salt
2 cups fresh gooseberries

Topping:

1/2 cup brown sugar
1/2 cup chopped nuts
2 t cinnamon
2 T flour
2 T melted butter

Cream sugar and butter. Beat eggs with milk. Sift together flour, baking powder and salt. Add dry ingredients to the butter mixture alternately with the milk and egg mixture. Put into a greased pyrex dish. Top with fresh gooseberries.

Sprinkle topping over the gooseberries and bake at 190°C for 45 minutes.

Quick Peach Dessert

1 large tin peach halves
2 T brandy
1 pkt choc-kit biscuits
cream

Place drained peach halves in ovenware platter. Fill each peach hollow with a choc-kit biscuit and place a marshmallow on each biscuit. Heat the juice and brandy. Pour over the chockit peaches. Bake at 180°C for 15 minutes. Serve with cream.

Bananas Carribean

4 medium bananas
60 ml brown sugar
125 ml fresh orange juice
1/4 t ground nutmeg
1/4 t ground cinnamon
125 ml sherry
1 T butter
2 T rum

Peel bananas and cut in half lengthwise. Place in buttered baking dish.

Combine sugar, orange juice, spices and sherry. Heat and pour over bananas. Dot with butter. Bake at 200°C for 10-15 minutes, basting once or twice.

Remove from oven and sprinkle with rum.



Chocolate Pudding Cake

250 ml flour
10 ml baking powder
1 ml salt
30 ml cocoa
5 ml vanilla
160 ml sugar
125 ml milk
125 ml chopped walnuts
30 ml melted butter

Topping:

60 ml sugar
60 ml brown sugar
45 ml cocoa

Sift dry ingredients.

Add milk, butter, vanilla and nuts. Pour into greased 20cm square baking dish.

Sprinkle topping over cake mixture and bake at 180°C for 20-30 minutes. Serve warm.

Variation:

Add 50 ml brandy to 250 ml boiling water and pour over.

Apple Horse Shoe

1 pkt puff pastry
125 g margarine
1 cup brown sugar
3/4 cup boiling water
apricot jam
3-6 fresh apples
cinnamon and sugar

Place margarine and brown sugar in a bowl. Pour boiling water over to dissolve margarine and sugar to make a syrup mixture.

Open pastry and roll if too thick. Brush with smooth apricot jam. Peel and slice apples. Lay in rows along the pastry. Sprinkle with cinnamon and sugar. Roll pastry over and over to cover each other. Pinch top and sides to seal. Flip it so that pinched side is at the bottom. Place in ovenproof dish and shape into a horse shoe. Pour syrup mixture over and bake at 150°C for 1 hour, basting regularly.



Baked Pineapples

fresh pineapples
brandy or rum
white marshmallows
caramel essence
cream

Slit pineapples in half, cutting the green tops as well. Scoop out the fleshy part, leaving a thick wall of fruit in the shell. Cut the scooped flesh into cubes and marinate in brandy or rum for a few hours. Refill shells with mixture and sprinkle with caramel essence. Bake at 180°C till pieces begin to get tender. During cooking, cover the fruit with tinfoil. Remove tinfoil and cover pineapples with marshmallows. Put back into the oven until marshmallows are completely melted. Serve hot with whipped cream or ice cream.

Hot Apple Pudding

4 T butter (melted)
3/4 cup sugar
2 eggs
1 cup self-raising flour
1/4 cup milk
1 large tin pie apples

Sauce:

1/2 cup sugar
250 ml cream
1 t caramel essence

Beat eggs, sugar and milk.
Add flour and beat.
Add melted butter. Pour into a greased pyrex dish.
Add pieces of pie apples.
Bake at 200°C for 20 minutes or until brown.

Boil all sauce ingredients together.
Pour over baked apple as it comes out of the oven. Serve hot with whipped cream if desired.



Malva Pudding

1 cup sugar
1 egg
1 T apricot jam
1 cup flour
1/2 cup milk
1 t bicarb
pinch of salt
1 T butter/margarine
1 t vinegar

Sauce:

1/2 cup cream (only whip)
75 g butter/margarine
1/2 cup sugar
1/4 cup hot water

Beat egg and sugar well in mixer. Add jam, sifted flour, bicarb and salt.

Melt butter and add vinegar and milk.

Add liquids to egg mixture alternately with flour.

Beat well and bake in covered dish at 180°C for 45-60 mins.

Melt together ingredients for sauce and pour over the pudding as it comes out of the oven.

Bread & Butter Pudding

8 thin slices white bread
butter/margarine
4 large eggs
2 T sugar
750 ml milk
1 t vanilla essence
1 t finely grated lemon rind
1 cup mixed cake fruit
cinnamon

Trim crusts from bread, butter each slice and cut in half diagonally, making 16 triangles. Arrange one layer of triangles overlapping them in a greased large ovenproof dish. Place second layer on top, arranging them the opposite way.

Beat eggs, sugar, milk and vanilla essence together. Pour half this custard mixture over. Stand 10 mins for bread to absorb the liquid. Mix lemon rind and cake fruit together. Sprinkle over bread. Pour over remaining custard mixture. Sprinkle top with cinnamon. Stand dish in large roasting pan, filled halfway with water. Bake at 160° for 45 minutes.



good.

Frozen Lemon Pavlova

4 extra large egg whites
1 cup castor sugar
1/4 t cream of tartar
2 level T cornflour
1/2 t vanilla essence

Filling:

4 egg yolks
grated rind of 1/2 lemon
1 cup cream or 2 sachets only whip
3 T lemon juice
1/2 cup castor sugar

Mix together cornflour and sugar. Whisk together the whites and cream of tartar until soft peaks are formed. Gradually add sugar and cornflour and beat until stiff. Grease and flour very well 2 baking trays or alternatively, cut rounds of greaseproof paper, the size of a 22 cm baking tin, and grease and flour the bottom of the tin. Grease and flour paper and put it into bottom of baking tins. Divide meringue mixture evenly and spread over the paper. Bake at 150°C for 40-45 minutes.

Put egg yolks and sugar in top of double boiler. Add lemon juice and rind. Cook slowly, stirring constantly until thickened. Do NOT boil. Remove. Cool. Fold in whipped cream or only whip and place between layers of meringue. Freeze until required. Take out a few minutes before use.

Pareva Trifle

4 eggs
1 pkt strawberry jelly
375 ml boiling water
250 ml sugar
1 tray strawberries (or tinned)
1 pkt boudoir biscuits
wine or liqueur
1 pkt walnuts
only whip

Line a dish with biscuits. Sprinkle with wine. Dot with strawberries (drain first if canned). Make jelly with boiling water and allow to cool. Separate eggs and beat egg whites with half the sugar till stiff. Beat yolks with remaining sugar for about five minutes or until thick. Add cooled jelly to yolk mixture. Add egg whites and fold into yolk/jelly mixture. Pour over biscuits and set. Decorate with beaten only whip and walnuts.



Mandarin Pudding

3 pkts orange or granadilla
jelly
3 1/2 cups boiling water
1 1/2 large or 3 small tins
frozen orange or mango
concentrate juice
2 tins well-chilled mandarins

Dissolve jelly in boiling water. Add concentrate juice and stir. Add mandarins and set in fridge.

Strawberry Dessert

1 cup sugar
500 g fresh strawberries
1 egg white

Beat egg white until stiff. Gradually add sugar, beating continuously. Cut strawberries in half and add. Beat well for 15-20 minutes. Place in mould or bowl and freeze. Decorate with whole strawberries.

Apple Plum Pudding

3 tins apple sauce
1 tin plums
3 egg whites
1 cup castor sugar
slivered or flaked almonds

Pour apple sauce into an ovenproof dish. Drain plums and place over apple sauce. Beat egg whites stiffly. Slowly add castor sugar. Pour over plums. Sprinkle egg white with extra castor sugar and almonds. Bake in a 180° oven for 20 minutes. Allow to cool. Serve cold.



Youngberry Hazelnut Meringue Gateau

4 jumbo egg whites
450 g castor sugar
3-4 drops vanilla essence
1/2 t vinegar/lemon juice
125 g hazelnuts - chopped
finely)
2 sachets only whip
2 cans youngberries
2 T icing sugar

Beat egg whites until stiff. Add sugar, a spoon at a time until the mixture is very stiff and stands in peaks. Fold in vanilla essence. Add vinegar/lemon juice. Fold in chopped hazelnuts. Divide the mixture between 2 shallow sandwich tins lined with oiled waxproof paper. Bake in preheat oven at 180° for 30-40 minutes. Turn onto wire cooling racks. When cool, peel off wax paper carefully.

To assemble Gateau:

Start with meringue at bottom. Spread with only whip, sweetened with icing sugar. Reserve half of the only whip. Next spread cans of drained youngberries over only whip. Reserve about 8 youngberries for decorating top. Place other meringue layer over only whip. Finally spread only whip on top and round sides of the gateau. Decorate with single youngberry pieces dotted around top of gateau. Keep refrigerated until ready to eat.

Easy Peppermint Crisp Pudding

1 pkt vanilla or chocolate
instant pudding
275 ml cream
575 ml milk
5 peppermint crisps

Crush peppermint crisp in processor. Beat cream until thick. Make instant pudding as directed. Fold in cream and crisps (leave some for decorating). Pour into glass bowl or individual serving dishes - decorate as desired. Chill and serve.



Champagne Fruit Salad

2 oranges
2 apples
2 bananas
2 granadillas
1/4 cup lemon juice
1/2 cup sugar
strawberries
pineapple
grapes
kiwi fruit
1 1/2 cups water
small bottle champagne

Peel and chop fruit into chunky pieces. Combine lemon juice, water and sugar in pan. Stir over heat until sugar is dissolved. Bring to boil and remove pan from heat.

Cool to room temperature.

Pour over fruit salad. Can be prepared up to 12 hours before serving and kept in fridge. Top with chilled champagne just before serving.

Lychee Pudding

1 pkt green jelly
1 box orly whip
1 large tin lychees

Boil jelly and juice of lychees.

Whip orly whip. Fold cooled juice into orly whip.

Add lychees, leaving a few to decorate. Leave to set. Place a marachino cherry in each lychee.



Whisper Pudding

2 x 250 mls fresh cream
 2 boxes vanilla pudding
 approx 3 boxes boudoir
 biscuits
 3 large slabs peanut brittle or
 2 pkts pecan nuts
 1 box whispers
 milk

Beat cream until thick. Add instant vanilla pudding and beat again.

Add milk until consistency of thick custard. Mix in halved pecan nuts and halved whispers. Place a layer of biscuits dipped in milk and pour over the custard mixture.

Layer more biscuits and end with custard. Decorate with whipped cream and whispers. Best made the day before.

Boudoir Pudding

2 boxes boudoir biscuits
 10 x 100g slabs dark
 chocolate
 125 ml water
 7 eggs separated
 300 ml brown sugar
 100 ml white sugar
 500 ml cream
 peppermint crisps

Melt chocolate, water and 200 ml brown sugar. Beat egg yolks with 100 ml brown sugar.

Beat egg whites with 100 ml white sugar till stiff.

Add yolks to chocolate mixture.

Gently add half beaten cream and egg whites.

Arrange biscuits in a bowl.

Pour over chocolate mixture ensuring all layers are saturated. Cover top with rest of cream and decorate with peppermint crisps. Refrigerate.



Pineapple Cream Pudding

approx 3 pkts boudoir biscuits
3 grated fresh pineapples
250 ml fresh cream or only
 whip
 chocolate

Place layer of boudoir biscuits at bottom of dish. Then place a layer of fresh grated pineapple on layer of biscuits. Place another layer of biscuits in opposite direction. Add grated pineapple. Cover with fresh cream or only whip. Sprinkle with chocolate.

Oranges in Cointreau

8 oranges peeled and sliced
 thinly
1/2 cup cointreau
1 1/2 cups water
1 1/2 cups sugar
1 1/2 cups syrup
orange rind from 1 orange
 very thinly sliced and cut
 into fine pieces.

Boil water, sugar and syrup for 20 minutes. Add orange rind and boil for a further 10 minutes. Remove from stove and add cointreau. Cool and pour over oranges. Refrigerate. Serve with an orange ice cream.

Frozen Limousine

6 pkts peanut brittle
1 pkt vanilla, strawberry or
 chocolate instant pudding
1 cup milk
250 ml sweet cream
1/2 cup nuts
1/2 cup cherries

Crush peanut brittle finely. Grease a springform tin with butter and line the base with waxpaper. Press crumbs thickly into bottom and sides leaving some over. Whip instant pudding with milk and cream until thick and fluffy. Add cherries and nuts. Pour into tin. Top with remaining crumbs. Freeze overnight and unmould just before serving.



Sherbert Surprise

1 litre lemon sherbert
 1 pkt walnuts crushed
 2 T sugar
 1 can mixed fruit salad
 1/2 cup cointreau
 1 small bottle champagne

Drain fruit into a dish. Add nuts and pour cointreau and sugar over. Cover dish with gladwrap and allow to stand for about 1/2 hour.

Just before serving allow sherbert to soften - out of freezer. Place in mixmaster or processor and beat till fluffy, adding champagne. Fold in fruit and nuts.

Serve immediately in frosted champagne glasses or large goblets.

Cream Caramel

1/2 cup sugar for syrup
 5 eggs
 1 litre cold milk
 1 t vanilla essence
 1/4 t salt
 1/2 cup sugar

Preheat oven to 160°. Melt sugar, stirring all the time with a wooden spoon, until sugar melts to a golden brown syrup. Pour syrup into the bottom of an ovenproof dish and allow to cool.

Beat eggs with sugar, salt and vanilla essence. Beat well. Add milk. Stir with a fork until milk is combined with egg mixture. Pour mixture into syrup lined dish. Place dish in a roasting pan half filled with hot water. Bake for 50-60 minutes or until knife inserted in pudding comes out clean. Remove tin from hot water and leave to cool completely before refrigerating. If skin forms - peel off when cool. Demould just before serving.



Chocolate Truffles

250 g butter
4 cups sugar
1 cup cocoa
1 cup milk
2 t vanilla
4 cups oats
2 cups coconut
pinch salt

Boil together butter, sugar, cocoa and milk until a drop of mixture forms a ball in cold water.

Mix vanilla, oats, coconut and salt into boiled mixture.

Remove from heat and roll into hazelnut size balls. Leave for approx 10 minutes to set. Serve in mini cookie cups.

Chocolate Pudding

1 slab dark chocolate
4 eggs
1 pkt boudoir biscuits
1 t vanilla
2 T boiling water
cream
chocolate flake

Melt chocolate with water in double boiler until smooth.

Beat yolks and mix into chocolate very quickly to prevent curdling. Beat until the consistency is like custard. Cool.

Add vanilla. Beat whites of egg very stiffly and fold into mixture.

Arrange biscuits around dish and put in chocolate mixture alternately with biscuits. Set in fridge and top with cream (if required) and chocolate flake.



White Silky Chocolate Mousse

250 g white chocolate
4 drops vanilla essence
4 desertspoons sugar
4 T milk
4 large eggs
250 ml cream

Break chocolate and melt in double boiler with milk. Stir until melted.

Stir in vanilla and remove from heat. Whisk yolks with sugar until pale and thick. Add 1 desertspoon of egg mixture to chocolate and mix thoroughly.

Add all chocolate mixture to egg mixture and beat 1-2 minutes until blended.

Whisk whites until stiff peaks form. Fold into chocolate mixture. Lightly whisk cream until soft peaks form. Fold into mousse.

Spoon into individual custard pots or 1 large mould. Chill in freezer until set or freeze and remove from freezer half hour before serving. Just before serving streak with melted chocolate to form threads.

Chocolate Mousse

200 g dark chocolate
4 eggs - separated
250 ml cream
1 T castor sugar
1 heaped T sugar
1 t vanilla essence

Melt chocolate in double boiler. Remove from heat. Beat egg yolks and add to chocolate. Beat egg whites and sugar and add to chocolate. Beat cream, castor sugar and vanilla till stiff. Fold into chocolate.

Pour into bowl and allow to set in refrigerator. For bigger pudding, use 300 g chocolate and 6 eggs. All the other ingredients remain the same.



Chocolate Ice Cream Brick

Crust:

- 1 slab dark chocolate
- 2 1/2 cups rice crispies
- 1/2 cup chopped pecans or walnuts

Ice Cream:

- 125 g bitter chocolate
- 500 ml only whip
- 3 eggs separated
- 5 T castor sugar
- 1 t vanilla
- 2 T brandy

Place a springform tin in the freezer for 15 minutes. In the meantime, melt chocolate in top of double boiler. Add rice crispies and nuts and combine altogether. Remove springform tin from freezer and press mixture into the bottom and sides of the tin. Put back into freezer to set. When crust is hard, fill with softened icecream. Cover with tinfoil and again place in freezer, so that ice cream can set. To serve, turn upside-down on platter, open springform tin, remove side then ease off top.

Ice Cream

Melt chocolate in double boiler. Beat egg yolks and sugar together. Then add melted chocolate and beat again. Add vanilla and brandy. Beat egg whites stiffly, beat cream until thick and then fold both into chocolate mixture.

Coffee Liqueur Ice Cream

- 4 eggs separated
- 4 sachets only whip
- 1 1/2 cups sugar
- 1 1/2 large slabs black chocolate
- 1 cup glacé cherries
- 1/2 cup coffee liqueur or Tia Maria

Beat sugar and egg yolks. Beat egg whites and cream separately.

Grate chocolate and cut up cherries.

Blend all together. Lastly add liqueur.

Freeze.

CAKES & TARTS

Page No

139

139

140

140

141

141

142

142

143

143

144

144

145

145

146

146

147

147

148

148

149

149

150

Brandy Tart

Impossible Tart

Easy Milk Tart

Almond Tart

Blitz Torte

Lemon Meringue Pie

Yoghurt Cake

Date Cake

Apple Tart with Cinnamon Pastry

Spice Cake

Mon Cake

Brazilian Symphony

Grenadilla Cake

Fruit Cake

Pyramid Cheese Cake

Fridge Cheese Cake

Wholewheat Carrot Cake

Ginger Chiffon Cake

Israeli Chocolate Cake

Chocolate Gateau

Cheese Cake

Fridge Cake

Apple Cake



May there always be good food on your table.



TIGER OATS



Brandy Tart

- 1 pkt pitted dates
- 3/4 cup water
- 1 t bicarbonate of soda
- 2 T margarine
- 1 cup sugar
- 1 beaten egg
- 2 t baking powder
- 1 1/2 cups flour

Sauce:

- 1 cup sugar
- 3/4 cup water
- 1 T butter
- 1 t vanilla
- 1/4 cup brandy

Boil first three ingredients (dates, water and bicarb) together. Cream margarine and sugar. Add beaten egg. Sift the baking powder with the flour and add to the creamed mixture. Stir in the boiled date mixture. Pour into a pie dish and bake at 180° for thirty minutes.

When it is ready prick all over with a fork and pour over the sauce while both still hot. Serve with whipped cream.

To make sauce boil the sugar and water for five minutes and stir into the butter. Add the vanilla and brandy.

Impossible Tart

- 4 eggs
- 50ml margarine
- 200g sugar
- 60g cake flour
- 2ml salt
- 3ml baking powder
- 500ml milk
- 80g coconut
- 5ml vanilla essence

Preheat the oven to 180°C.

Place all the ingredients in a bowl and beat until well mixed. Pour into a greased oven proof 24cm pie dish and bake for 45-55 minutes or until the top is golden brown and the custard filling has set.



Easy Milk Tart

1/2 pkt marie biscuits
 125g melted butter
 2 1/4 cups milk
 2 eggs
 1/2 cup sugar
 1 1/4 T flour
 1 1/4 T cornflour
 1 t vanilla

Crush biscuits and add melted butter and line a pie dish. Leave in the fridge to harden. Heat milk until it has just about reached boiling point. Beat eggs, sugar, flour and cornflour. Add to nearly boiling milk until mixture just begins to boil, stirring all the time to ensure you have a nice smooth filling. Remove the pot with the mixture from the stove and add the vanilla and stir. Pour into pie dish. Sprinkle with cinnamon and leave to cool and set.

Almond Tart

Base:

Flour to mix soft dough (not wet)

250g butter

1 egg

1/2 cup castor sugar

1 t baking powder

Topping:

3/4 cup sugar

125g butter

3 T milk

1 pkt flaked blanched almonds

smooth apricot jam

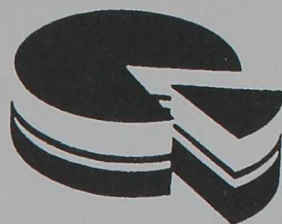
Base:

Mix flour, butter, egg, castor sugar and baking powder together. Put into a greased and lined biscuit tin. Prick with a fork and bake at 200°C for ten minutes.

Topping:

Boil sugar, butter, milk and almonds together and stir constantly.

When the base is ready, smooth apricot jam over thinly, then pour topping over. Bake till golden brown. When baked, run a knife around the edge while toffee is hot. Allow to cool in the pan.



Blitz Torte

125 g butter
3 eggs
3 t milk
1/4 t salt
1 1/4 cups sugar
1 t vanilla
1 cup flour
1 t baking powder

Topping:

1/2 cup chopped almonds
1 T sugar
1/2 t cinnamon

Cream butter and 1/2 cup sugar. Add well beaten egg yolks, vanilla, milk and sifted ingredients (with exception of cinnamon nuts and tablespoon of sugar). Pour mixture into two 23 cm greased pans lined with non-stick paper. Beat egg whites until stiff then add remaining sugar (3/4 cup) gradually, until whites hold a peak. Spread over cake mixture in pans. Sprinkle top with nuts, 1 tablespoon sugar and cinnamon mixed. Bake for 30 minutes at 180° C.

Lemon Meringue Pie

1 pkt marie biscuits
125g butter
1 T castor sugar

Filling:

4 egg yolks
3 T lemon juice
1 tin condensed milk
pinch of salt

Meringue:

4 egg whites
8 T sugar
pinch salt
few drops vanilla

Crush marie biscuits. Melt butter and mix well. Add castor sugar. Line pie dish and refrigerate for half an hour.

Filling:

Beat all the ingredients together.

Meringue:

Beat egg whites till stiff. Add sugar one tablespoon at a time with a pinch of salt and a few drops vanilla.

Place egg yolk mixture on top of base in the pie dish and place meringue on top. Bake at 140°C for 45 minutes.



Yoghurt Cake

1 egg
 150g butter or margarine
 1 1/2 cups self raising flour
 1 cup sugar
 1/2 cup broken pecan nuts
 1/2 cup seedless raisins
 2 t cinnamon
 1 Bottle of yoghurt (or equivalent plain yoghurt).

Melt butter (margarine). Add to sugar and flour and mix. Remove 2 tablespoons of mixture and keep for top of cake. Add 1 egg, bottle of yoghurt, nuts, raisins and cinnamon. Mix thoroughly. Pour into large pyrex dish. Sprinkle the 2 tablespoons of flour mixture on top and bake at 180°C for 30-40 minutes.

Date Cake

250g dates
 1/4 cup pecans coarsely chopped
 2 t bicarb
 2 cups boiling water
 3 beaten eggs
 3 cups flour
 160g butter
 1 cup sugar
 2 t baking powder
 2 t vanilla
Topping:
 10 T soft brown sugar
 1 cup shredded coconut
 100g butter
 1/3 cup fresh cream

Cut up dates, add bicarbonate of soda, which has been dissolved in boiling water. Allow to cool. Add the nuts. Cream butter and sugar together. Add beaten eggs, date mixture and vanilla essence. Lastly add sifted flour and baking powder. Mix well. Put in 26cm springform tin. Bake at 180°C for 45 - 60 minutes. Take out of oven and add topping.

Topping:

Melt butter and add rest of ingredients. Boil for three minutes.

Pour over hot cake. Place under grill on centre shelf. Remove when topping is golden brown - only takes a few minutes.



Apple Tart with Cinnamon Pastry

2 cups flour
2 T cornflour
3/4 cup icing sugar
2 t cinnamon
2 t baking powder
175 g soft butter
1 beaten egg
1/2 cup chopped pecan nuts
1 t vanilla

Filling:

2 x 411 g tins unsweetened Pie Apples
75 g brown sugar
75 g castor sugar
1/2 cup sultanas or seedless raisins
pinch salt

Sift together all dry ingredients.

Rub in butter.

Add beaten egg, chopped pecan nuts and vanilla. Knead to form a ball.

Wrap in greaseproof paper and place in freezer for a few hours. Divide dough in two. Coarsely grate half of the dough into a large greased springform tin.

Pour filling over dough in springform tin.

Grate remaining dough over top.

Bake at 160°C for 45 minutes.

When cool dust with icing sugar.

Spice Cake

120g butter
2 cups flour
1 cup cold milk mixed with 1 level t bicarbonate of soda
1 cup sugar
2 eggs
2 T syrup
1 t mixed spice
1 t cinnamon
1 1/2 t ginger

Put all ingredients in mixmaster bowl and beat for 20 minutes. Bake at 180°C for 45 minutes in two loaf tins or large fluted tin.



Mon Cake

3 eggs
 1 1/2 cups sugar
 1/2 cup oil
 1 cup self raising flour
 100g poppy seeds
 100g coconut
 250ml plain yoghurt

Topping:

2 T cocoa
 6 T milk
 8 T icing sugar
 100g milk chocolate
 20 g margarine
 1 t vanilla essence

Mix eggs and sugar until light and fluffy. Add oil, self raising flour, coconut, poppy seeds and yogurt. Mix well. Place in a greased pyrex dish and bake for 45 minutes in a 180°C oven.

Topping:

Place all ingredients in a double boiler and allow to melt without mixing. Remove from stove and add 20g margarine and 1 t vanilla essence. Mix well and spoon over the cake approximately 15 minutes after the cake has been removed from the oven.

Brazilian Symphony

500g Brazil nuts
 500g dates
 180g maraschino cherries
 180g flour
 pinch of salt
 1 t vanilla
 3 extra large eggs
 3/4 cup sugar
 1/2 t baking powder

Sift dry ingredients into bowl over nuts, separated dates and drained cherries. Mix well with wooden spoon. Beat eggs until foamy. Add vanilla essence to eggs. Add to mixture and stir well. Take a large greased loaf pan and put greaseproof paper in the pan. Pour in the mixture evenly. Bake at 150°C for 1 hour and 45 minutes. When cool loosen the edges with a knife blade and turn out. Keep in tin foil in a tin.



Grenadilla Cake

3/4 cup flour
pinch salt
4 eggs - separated
3/4 cup sugar
1 T oil

Icing:

250 ml stiffly whipped cream
1 heaped t butter
1 cup icing sugar
2 grenadilla's
lemon or orange juice

Whip whites of egg until stiff. Add 2 egg yolks and beat well. Then add half of the sugar and beat again. Add the last two egg yolks and beat again. Add the balance of the sugar and oil. Fold in sifted flour and salt. Pour into a greased round tin and bake for approximately 30 minutes in a 180°C oven before turning out. Leave until cool.

Leave in tin for 5 to 10 minutes.

Icing:

Cream together butter with icing sugar. Add grenadillas and make into a spreading consistency with lemon or orange juice. Cut cake through the middle and fill with whipped cream. Ice with grenadilla icing.

Fruit Cake

3 small bottles maraschino cherries - including juice
250g pkt seedless raisins
250g pkt saltanas
250g pkt pecan nuts (broken)
450g butter
2 cups sugar
8 eggs
4 cups flour
1 t baking powder
pinch of salt

Wash and boil cherries, raisins and saltanas. Strain and pour on a tray. Add broken pecan nuts.

Cream butter with 2 cups sugar. Add 8 gently beaten eggs. Add sifted flour, baking powder and salt. Add fruit by hand and mix with a wooden spoon.

Place mixture into 2 greased loaf tins and bake at 150°C for 1 1/2 hours to 1 3/4 hours.



Pyramid Cheese Cake

30 tennis biscuits
500 g cottage cheese
1 t vanilla
125 g butter
2 T brandy
3/4 cup sugar
1 egg yolk
1 cup milk
walnuts & cherries

Icing:

4 T sugar
2 T cocoa
3 T butter
4 T cold water
1 large slab dark chocolate

Cream butter and sugar, brandy, egg yolk, cream cheese and vanilla.

Lay a large piece of foil on a board. Dip biscuits into milk and form three rows of 5 biscuits per strip on the foil.

Spread with a little of the mixture, then form another 3 rows of biscuits, spreading the rest of the filling down the centre row.

Into the middle of the cheese mixture, press a row of whole cherries. Fold up long sides of the foil so cake forms a triangle.

Refrigerate and then ice with chocolate icing.

Boil sugar, water, cocoa and chocolate for a couple of minutes. Add butter and blend. Spread over cake and decorate with walnuts.

Fridge Cheese Cake

1 pkt finger biscuits
1 pkt lemon jelly
2 tubs smooth cream cheese
1 tub fresh cream
3/4 cup sugar
tinned mandarins/tinned cherries

Dissolve jelly in 1 cup boiling water.

Allow to cool. Line dish with finger biscuits dipped in milk. Beat cream cheese and sugar. Beat cream separately.

Mix cream and cheese, add jelly and pour over biscuits. Place in fridge.

Decorate with tinned mandarins or tinned cherries.



Wholewheat Carrot Cake

1 cup oil
 3 eggs
 2 t vanilla
 2 t sodium bicarbonate
 2 cups grated carrots
 1 cup pecan nuts - chopped
 1/2 cup grated pineapple
 1 cup raisins
 1 cup brown sugar
 2 cups wholewheat flour
 2 t cinnamon
 1/2 t salt
 1 t baking powder

Beat eggs, oil, vanilla and sugar.

Mix dry ingredients together and add all other ingredients and mix.

Bake in fairly large greased round or loaf tin for 1 to 1 1/4 hours at 180°C.

Ginger Chiffon Cake

2 1/4 cups flour
 1 1/2 t baking powder
 1 1/2 t ginger
 1 t mixed spice
 1 t cinnamon
 1/2 cup oil
 1 cup syrup
 1/2 cup sugar
 4 egg yolks
 1 t bicarbonate of soda
 1 cup strong black tea
 4 egg whites

Sift together flour, baking powder, ginger, mixed spice and cinnamon.

Beat together oil, syrup, sugar and egg yolks.

Dissolve bicarb in tea.

Beat egg whites stiffly and gradually add oil mixture and bicarb mixture.

Add to dry ingredients and fold into egg whites.

Bake in chiffon tin for 1 hour at 180°.



Israeli Chocolate Cake

1 1/4 cup sugar
 1 t bicarb of soda
 2 t baking powder
 3 eggs
 2 t vanilla
 1 cup yoghurt - plain
 2 1/2 cup flour
 pinch cream of tartar
 175 g margarine
 3 T drinking chocolate

Sauce:

1 1/4 cups milk
 75 g butter
 1 cup sugar
 6 T drinking chocolate

Sift dry ingredients.

Cream margarine and sugar. Add eggs.

Alternately add yoghurt and flour.

Bake at 190°C for 45 minutes in large oblong pyrex dish.

Boil milk, butter, sugar and drinking chocolate together.

Remove cake from oven. Slice whole cake into serving size slices. Leave in dish

Pour hot sauce over.

This is a very moist cake

Chocolate Gateau

4 eggs
 4 T sugar
 2 T flour
 2 T cocoa
 2 rounded t baking powder

Filling:

1/4 litre cream
 2 T sugar
 1 T cocoa
 1 T drinking chocolate
 1/4 t instant coffee powder

Beat yolks well. Add sugar and beat again. Add remaining sifted dry ingredients by hand.

Lastly fold in stiffly beaten egg whites.

Butter swiss roll tin and line with greaseproof paper. Pour batter in and bake at 180°C for approx 10 minutes. Turn onto damp cloth. Peel off paper and cut into 4 equal pieces.

Beat cream with sugar till stiff. Add by hand cocoa, drinking chocolate and instant coffee powder.

Cream pieces together. Ice entire cake with remaining filling and decorate.



Cheese Cake

3 x 250 g cream cheese
 175 ml sour cream
 1 x 80 g box instant vanilla
 pudding
 4 T maizena
 4 eggs, separated
 1 cup castor sugar
 1/2 cup milk
 small carton sweet cream

Mix together cream cheese, sour cream, half the instant vanilla pudding, maizena and the egg yolks. Beat the egg whites and castor sugar together till stiff.

Fold egg whites into mixture and bake at 150° for 30 minutes in a very large springform tin. Remove from oven immediately.

Mix other half of instant vanilla pudding with milk and sweet cream. When cake is cold, a hollow forms in the middle. Fill hollow with vanilla mixture.

Fridge Cake

1 pkt marie biscuits
 125 g butter
 1/2 cup sugar
 1/2 cup cut up dates
 1 egg
 1/2 cup chopped walnuts
 1 T cocoa, dissolved in 2 T
 water
 1 t coffee essence

Line a loaf tin with greaseproof paper.

Melt butter and sugar and cool. Add beaten egg, cocoa and coffee essence.

Heat until mixture thickens. Add broken pieces of dates, walnuts and biscuits.

Do not overmix. Pour into loaf tin. Refrigerate. When firm, unmould and peel off paper. Ice with chocolate icing.



Apple Cake

2 eggs
 2 cups self-raising flour
 2/3 cups castor sugar
 6-8 golden delicious apples -
 cored and peeled into
 segments
 flaked almonds, sultanas and
 raisins
 cinnamon
 lemon juice
 200 ml milk
 salt
 150 g margarine
 5 ml vanilla
 extra castor sugar

Sauce:

3/4 cup cream
 2 T margarine
 1 cup icing sugar

Preheat oven to 180°C.

Grease and line a swiss roll tin with wax paper. Grease and flour the tin again.

Heat margarine and milk.

Sprinkle lemon juice and extra sugar over apples.

Beat eggs, castor sugar and vanilla in a warmed bowl until creamy.

Sift flour and fold alternatively with milk into egg mixture.

Pour into tin. Make three rows of apples - left, middle and right.

Mix flaked almonds, sultanas, raisins, cinnamon and sugar and place between rows of apples.

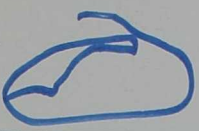
Bake for 30-45 minutes. Invert onto another baking sheet, peel off paper and place on a serving tray.

Sauce:

Boil all the sauce ingredients together for 10 minutes. Allow to cool a little and pour over the cake.

Serve cold.

Freezes very well.



BISCUITS SMALL CAKES

Page No

153

153

154

154

155

155

155

156

156

156

157

157

158

158

159

159

160

160

161

161

161

162

162

163

163

164

164

164

165

165

166

166

Fudge Biscuits

Fruit Squares

Delicious Fruit Biscuits

Florentines

Party Cookies

Doughnuts

Apricot Biscuits

Melting Meringues

Peanut Meringues

Custard Sawa Biscuits

Nutty Chocolate Biscuits

Fridge Biscuits

Date Fridge Biscuits

Ginger Biscuits

Kourabiedes

Cherry Nut Biscuits

Jungle Oats Biscuits

Drop Scones

Rum Rolls

Rice Krispie Biscuits

Bar One Biscuits

Lamingtons

Date Biscuits

Toffee Nut Crisps

Sesame Seed Biscuits

Cinnamon Biscuits

Cinnamon Twists

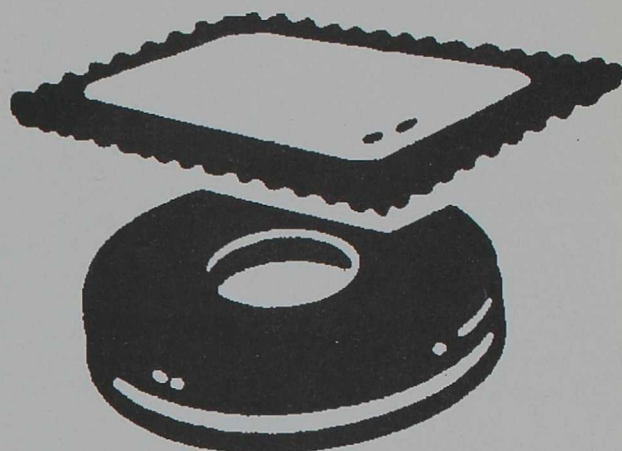
Cinnamon Cookies

Crumpets

Bran Muffins

Romany Creams

Choux Pastry





Columbia Travel

- **Bedfordview** (011) 622-2934
- **Roodepoort** (011) 763-5826

Concorde Travel

- **Alberton** (011) 869-4666
- **Killarney** (011) 486-1850
- **Pretoria** (012) 341-3553

Peltours

- **Cape Town** (021) 23-3291
- **Killarney** (011) 646-5710

Summit Travel

- **Durban** (031) 306-2020

**Concorde Incentive
Travel**

- **Killarney** (011) 486-1066



Fudge Biscuits

180 g flour
30 g castor sugar
120 g butter

Filling:

120 g butter
120 g soft brown sugar
2 T golden syrup
1 small tin sweetened
condensed milk
1/2 t vanilla

Topping:

250 g bitter chocolate

Grease small biscuit tin. Mix flour and sugar. Rub in butter and knead into a ball. Press the dough into the tin. Bake at 160°C for 25 minutes. Cool in the tin.

Place all ingredients, excluding vanilla, in a pot and stir constantly over a gentle heat till the mixture boils. Stir for another 7 mins. Add vanilla and cool. Pour over base and leave until set.

Topping:

Melt bitter chocolate and spread over fudge. Cut into squares when cold.

Fruit Squares

Dough:

250 g butter
2 cups flour
2 t baking powder
1/2 cup sugar
3 eggs

Fruit mixture:

1 cup sultanas
1 cup currants
1 cup raisins
1 cup dates
1 T butter and enough water
to cover

Boil all fruit in water with butter.

When soft strain any excess water.

Make dough by mixing flour, sugar and baking powder. Add butter and eggs and adjust with flour until the dough is not sticky.

Butter a biscuit pan. Lay half the dough out in the pan, cover with fruit mixture and then cover with remaining dough. Brush with egg.

Bake at 200°C for 20 minutes to 1/2 hour or until golden brown.

Cut into squares, cover with sugar or icing sugar.



Delicious Fruit Biscuits

100 g butter
1 egg
1 cup self raising flour
1 cup castor sugar
1 cup coconut
1 cup fruit cake mix

Icing:

1 cup icing sugar
few drops vanilla essence
juice of 1 lemon
1 T melted butter
little boiled milk

Mix all ingredients together and press into lammington tray.

Bake at 180°C for 15-20 minutes.

Allow to cool then ice whilst still in tray.

Mix together all ingredients for icing, gradually adding enough milk to make spreading consistency.

Sprinkle with nibbed almonds (optional).

Cut into slices.

Florentines

6 cups cornflakes
1 cup peanuts
1 cup seedless raisins
1 tin condensed milk
cherries
melted dark chocolate for decoration

Mix ingredients thoroughly. Drop dessertspoonfuls on to greased and floured baking sheet.

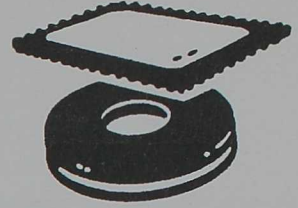
Decorate with cherries.

Bake at 180°C until lightly brown.

Remove from baking sheet when cool.

Using a fork make a wavy design on underneath side of biscuit with chocolate.

Place in freezer for a few minutes until chocolate has hardened.



Party Cookies

125 g soft margarine
 3/4 cup sugar
 2 eggs
 1/2 t vanilla
 1 1/2 cups flour
 1 1/2 t baking powder
 pinch salt
 1/2 cup milk

Cream margarine and sugar.
 Add eggs and vanilla. Beat well.
 Add sifted dry ingredients alternatively with milk.
 Bake in cookie cups 10-15 minutes at 180°
 (makes approx. 24 cookies).

Doughnuts

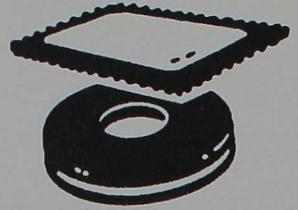
2 eggs
 2 T butter
 1 cup sugar
 4 cups flour
 1 t salt
 2 t baking powder
 1 cup milk
 oil for frying

Cream butter and sugar till very fluffy. Add eggs one at a time. Sift baking powder and salt and add alternately to mixture with milk. Place in fridge, covered for approx. one hour. Take out and roll flat till approx 1/2" thick. Using a big and small cookie cutter cut doughnuts. Heat enough oil to deep fry. Fry approx 2 minutes on each side. Drain and sprinkle with icing sugar.

Apricot Biscuits

250 g soft butter
 2 cups sugar
 2 eggs
 1/2 cup smooth apricot jam
 2 t bicarb of soda
 4 cups flour

Mix all ingredients together.
 Add flour. Roll into marble size balls (with floured hands).
 Bake at 180°, leaving plenty of space for spreading.



Melting Meringues

2 egg whites
125 g castor sugar

Whisk whites until stiff and dry. Add 2 T of the sugar and whisk again until stiff. Lightly fold in the remaining sifted sugar. Pipe out onto baking paper. Preheat oven to 140°C. Bake 1 hour until crisp, dry and coffee coloured. Cool.

Peanut Meringues

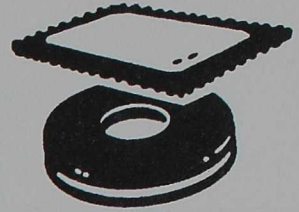
2 egg whites
3/4 cup sugar
2 cups post toasties
1 cup unsalted peanuts

Beat egg whites until stiff. Add sugar and beat again. Add crushed post toasties and nuts. Drop by spoonfuls on greased baking sheet fairly close together but separate. Allow for a little spreading. Bake at 130° for approx 1/2 hour.

Custard Sawa Biscuits

250 g margarine
3 eggs
1 t vanilla essence
4 T maizena
3 1/2 t baking powder
8 T sugar
pinch salt
4 T custard powder
3 1/2 cups flour

Cream margarine with sugar. Add eggs one at a time, salt, vanilla essence, custard powder, maizena, flour and baking powder. Mix well. Place in biscuit machine and cut into shapes. Place on well greased baking sheet and bake at 180°. Bake until golden brown.



Nutty Chocolate Biscuits

2 eggs
 3/4 cup castor sugar
 125 g butter or margarine
 3 T cocoa
 1 t baking powder
 1 cup flour
 1 cup chopped nuts (walnuts
 or pecan nuts)

Icing:

1 heaped T butter
 3 T cocoa
 1 egg white
 3/4 cup icing sugar

Beat eggs well. Add sugar and beat well again. Add melted butter. Mix in cocoa, flour, baking powder and nuts. Bake in a swiss roll tin at 190°C for 15-20 minutes.

Melt butter and cocoa. Add egg white mixed with icing sugar. Pour over biscuits whilst still hot. Cut biscuits into squares when cold.

Fridge Biscuits

125 g butter
 1 cup sugar
 2 T cocoa
 1 egg
 1 t vanilla
 1 pkt marie biscuits

Cream butter and sugar. Add cocoa, egg and vanilla. Beat well.

Crush marie biscuits into pieces and add to mixture.

Spoon mixture into greased flat pan and flatten to approx 2 cms.

Place in fridge and cut into squares when cold.



Date Fridge Biscuits

225 g butter
450 g dates
1 cup sugar
2 eggs
1/4 cup chopped nuts
1/2 pkt crushed marie biscuits
1/2 t salt

Melt butter and sugar in saucepan. Slowly add beaten eggs.

Bring to the boil and add chopped nuts and dates.

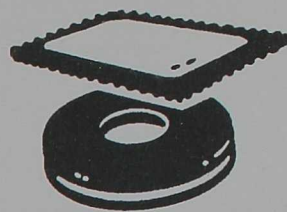
Cook until thick. Remove from stove and add crushed biscuits. Mix well. Press into greased biscuit tin and place in fridge until set. Cut into squares and roll in coconut.

Ginger Biscuits

6 pieces preserved ginger
12 cherries
1 egg
250 g butter
pinch salt
2 T ginger syrup
2 1/2 cups flour
1 cup castor sugar
1 t baking powder
1 T powdered ginger

Melt butter, add flour, ginger, salt, sugar, baking powder, beaten egg, preserved ginger and syrup. Spread on buttered baking sheet. Bake at 180° for 30 minutes.

Mix icing sugar and boiling water until smooth and thick. Pour over biscuits and cut into squares while still warm.



Kourabiedes

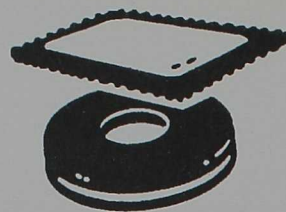
575 g butter
 1 cup icing sugar
 1 t baking powder
 2 egg yolks
 1 T brandy
 1/2 t vanilla
 1125 g flour
 chopped blanched almonds

Beat butter until creamy. Add all other ingredients. Knead dough well for 15 minutes. Make into horseshoe shapes. Bake at 180° for 30 minutes. Roll into icing sugar and add more sifted icing sugar over biscuits.

Cherry Nut Biscuits

125 g butter
 1/4 cup sugar
 1 egg
 1 t vanilla essence
 1 cup self-raising flour
 125 g chopped mixed nuts
 glacé cherries

Cream butter and sugar. Add egg and vanilla. Beat well.
 Add sifted flour and mix to a soft dough.
 Drop rounded teaspoonfulls of mixture into nuts.
 Roll into balls.
 Press half a cherry on top.
 Put on lightly greased oven trays.
 Allow room for spreading.
 Bake at 180° for 15-20 minutes.
 Allow to cool before removing from tray.



Jungle Oats Biscuits

1/2 cup margarine
 1/2 cup brown sugar
 1/2 cup white sugar
 1 egg, lightly beaten
 1 T water
 1/2 t vanilla
 3/4 cup sifted flour
 1/2 t baking soda
 1/2 t salt
 1 1/2 cup jungle oats
 1 1/4 cup chocolate chips or raisins

Cream margarine with sugar.

Add egg, water and vanilla and beat until smooth.

Stir in remaining ingredients. Drop teaspoonsful onto a lightly greased baking sheet. Bake until barely brown at 190° for 12-15 minutes.

Remove from oven and immediately cool on a wire rack.

Store in a covered tin.

Drop Scones

2 cups flour
 1 T sugar
 4 t baking powder
 pinch salt
 90 g butter
 1 egg - beaten
 1 cup sour cream

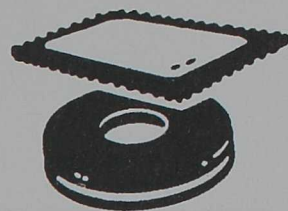
Sift dry ingredients together.

Cut in butter.

Add beaten egg and cream.

Mix well.

Drop spoonfuls onto greased patty tins and bake at 200°C for 10-15 minutes.



Rum Rolls

125 g butter
4 rounded T syrup
4 rounded T castor sugar
4 T cocoa
3 1/2 cups rice krispies
8 T coconut
rum essence
6 t rum or Van der Hum

Bring to the boil butter, syrup and castor sugar. Remove from stove and add rest of ingredients.

Allow to cool and form into small balls and roll in coconut.

Rice Krispie Biscuits

125 g butter or margarine
100 g milk chocolate
30 marshmallows
4-5 cups rice krispies

Melt butter, chocolate and marshmallows in double boiler.

Add rice krispies and flatten in greased pan. Allow to get hard in fridge and cut into squares

Bar One Biscuits

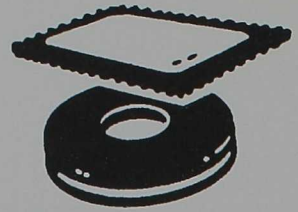
4 x 65 g Bar Ones - chopped
250 g butter
4 T syrup
3 cups rice krispies
400 g milk chocolate

Combine Bar Ones, butter and syrup in saucepan, stir constantly over low heat without boiling until mixture is smooth. Stir in rice krispies.

Press mixture into prepared lamington tin 19cm x 29cm and refrigerate.

Prepare topping by melting chocolate in pan over hot water. Stir until smooth.

Spread over base and refrigerate until set. Cut into squares or fingers.



Lamingtons

180 g butter
 4 eggs
 1 cup milk
 3 t baking powder
 1 1/2 cups sugar
 3 cups flour
 2 t vanilla
 Topping:
 1 cup water
 60 g butter
 2 T cocoa
 1 1/4 cups icing sugar

Cream butter and sugar. Add eggs, one at a time. At the same time adding 1 T flour after each egg that has been added.

Add milk alternatively with flour. Add vanilla and baking powder.

Pour into lamington tin 30cm x 23cm x 6cm. Bake at 180°C until brown, approx 30 minutes. When cool cut into squares.

Boil together water, butter, cocoa and icing sugar. Dip cake into mixture, covering all sides. Roll in coconut.

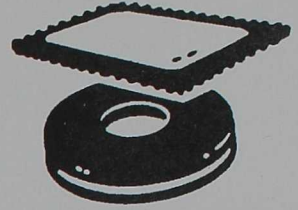
Date Biscuits

500 g stoneless dates
 1/2 cup sugar
 2 pkts marie biscuits
 1 t vanilla
 120 g butter
 1 egg
 1 dessertspoon brandy
 (optional)
 coconut

Melt butter. Add sugar and chopped dates. When mixed add beaten egg.

Stir till well mixed. Add brandy and vanilla. Take off stove and add crushed biscuits.

Spread into a greased tray. Place in fridge for 3 hours. Remove and cut in squares and press in coconut.



Toffee Nut Crisps

90 g butter
 1/2 cup water
 125 g dark chocolate
 1 cup castor sugar
 185 g flaked almonds

Place almonds on baking tray and place under griller to toast lightly. Melt butter in pan, add sugar and water and stir until sugar has dissolved. Bring to the boil and boil uncovered for 8 minutes or until dark golden brown. Remove from heat. Add almonds, stirring gently. Drop tablespoons of mixture on lightly greased foil. Allow to cool. Melt chocolate, cool slightly. Turn biscuits over, spread chocolate over each one and return to fridge to set.

Sesame Seed Biscuits

1/2 cup chopped nuts
 1/2 cup brown sugar
 1/2 cup coconut
 1/2 cup chopped sunflower seeds
 1/2 cup honey
 1/4 cup chopped dried fruit or raisins
 1 cup sesame seeds
 1/2 t salt

Preheat oven to 180°C. Mix nuts, sunflower and sesame seeds and place on baking tray in oven for 15 minutes.

Place sugar, salt, honey and fruit in pot and bring to the boil stirring constantly.

Cook for 2 minutes. Remove from heat.

Stir in nuts and coconut. Mix quickly.

Press onto greased baking tray and allow to cool.

Do not allow to get too hard before cutting.



Cinnamon Biscuits

250 g butter
1 t cinnamon
1 egg
1/4 cup sugar
3/4 cup coconut
1 t baking powder
1 1/2 cup flour

Cream butter and sugar. Add egg and other ingredients - should be soft dough.

Roll into balls and place in pan.

Press down with fork and bake at 220° for 8-10 mins. Roll in castor sugar while still hot.

Cinnamon Twists

3 eggs
1 cup sugar
3/4 cup oil
2 t baking powder
3 cups flour
1/2 cup cinnamon sugar

Combine eggs, sugar, oil and blend well.

Stir in dry ingredients (use just enough flour to make a soft dough). Roll pieces of dough into long, pencil-thick rolls. Dip in cinnamon sugar. Twist into figure eights. Place on a lightly greased baking sheet.

Bake at 190° for 10-15 minutes.

Cinnamon Cookies

200 g butter
1 1/2 cups brown sugar
2 eggs
1 1/2 t vanilla essence
1/2 cup wheat-germ
2 t baking powder
pinch salt
1/2 cup brown sugar
1 1/2 t cinnamon
2 1/2 cups wholewheat flour

Mix the butter and sugar until creamy. Add eggs, vanilla and wheat germ.

Add the wholewheat flour, baking powder and salt to the butter mixture.

In a small bowl mix brown sugar with the cinnamon.

Make small balls of the dough mixture and roll in the cinnamon mixture.

Bake for 10 minutes at 180°C.



Crumpets

1 cup flour
 2 t baking powder
 2 dessertspoons sugar
 pinch salt
 1 egg - beaten
 3/4 cup milk
 1 dessertspoon melted butter

Sift flour, baking powder, sugar and salt together. Make a well in centre and add egg. Gradually add milk, keeping the mixture smooth all the time.

The mixture should not be too thick, so more milk can be added.

Lastly, mix in the melted butter. Drop spoonfuls of mixture into hot greased pan.

Turn over when bubbles appear.

Serve with cream or syrup.

Bran Muffins

1/2 box raisin bran
 2 1/2 cups flour
 1 cup sugar
 2 1/2 t bicarbonate of soda
 pinch of salt
 1/2 pkt chopped dates
 1 pkt chopped pecan nuts
 1 carton buttermilk
 1/2 cup oil
 2 beaten eggs

Combine dry ingredients.

Mix well.

Add the rest of the ingredients and mix again.

Spoon into muffin tins.

Bake in oven at 200° for 10-15 minutes.



Romany Creams

250 g butter
1 cup castor sugar
1/2 cup boiling water
2 T cocoa
2 1/2 cups flour
1 1/2 cups coconut
1 t baking powder
melted chocolate

Cream together butter and castor sugar.
Mix together boiling water and cocoa.
Cool and add flour, coconut and baking powder. Press into shapes with biscuit maker.
Bake at 190° for 10 minutes.
Join biscuits together with melted chocolate.

Choux Pastry

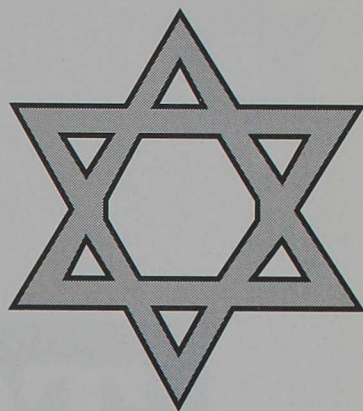
125 g butter or margarine
pinch salt
1 t sugar
1 cup flour
4 eggs
1 cup water

Place butter in a pot. Add water and bring to the boil. Make sure all the butter is melted and the water is boiling rapidly.
Add flour, sugar and salt and beat with a wooden spoon until mixture leaves the side of the pot and forms a ball. Remove from stove. Place mixture in magimix and add eggs one at a time, beating well in between. Drop spoonfuls onto a greased tray. Bake at 200° for 20 minutes, reduce heat to 180° and bake for a further 20 minutes. Cool on a wire rack. Prick each one with a toothpick so that steam escapes.

TRADITIONAL

Page No

169	Passover Rolls
169	Passover Brownies
170	Gan Eden Cake
170	Potato Flour Muffins
171	Pesach Bagels
171	Pesach Sponge Cake
172	Pesach Teiglach
172	Hummous
172	Tzimmes
173	Shavuoth Potato Soup
173	Rosh Hashanah Apple Fritters
174	Lockshen Pudding
174	Pineapple Lockshen Pudding
174	Schmaltz
175	Never Fail Kneidlach
175	Babke
176	Bulkes
176	Pickled Herring
177	Mock Chopped Herring
177	Chopped Herring
177	Pineapple Herring
178	Danish Herring
178	Mustard Herring
179	Bulgarian Cheese Bourekas
179	Perogen
180	Cholent
180	Petzah



with compliments

TOBISHI

AUDIO * TELEVISION * VIDEO

DISTRIBUTED BY:



SANKEL
TRADING

PROP. GRARICH ELECTRONICS (PTY) LTD
Reg. No. 84/09075/07

JOHANNESBURG

1st Floor, New Centre, Centre
20-22 Roper St, New Centre
Johannesburg 2001
PO Box 447
Johannesburg 2000
Tel: (011) 493-8310/2/3/4/5
Fax: (011) 493-2692
Telex: 4-82308 SA

CAPETOWN

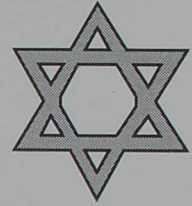
Room 7
3 Roodehek St
Gardens
Cape Town 8001
PO Box 5237
Cape Town 8000
Tel: (021) 46-8363

DURBAN

1st Floor
Amalfa House
62-68 Blake Road
Durban 4001
Tel: (031) 301-6673

PORT ELIZABETH

cnr. Bagshaw and
North Street
North End
Port Elizabeth
6001
Tel: (041) 54-5041



Passover Rolls

2 cups matzo meal
1 t salt
1 t sugar
1 cup water
1/2 cup oil
4 eggs

Combine meal, salt and sugar.
Bring oil and water to a boil.
Add to meal mixture. Beat in eggs one at a time.
Let mixture stand for 15 minutes.
Oil hands; then shape rolls.
Place on a well-greased cookie sheet.
Bake at 200° for 50-60 minutes, or until golden brown.

Passover Brownies

1/2 cup boiling water
1/2 cup cocoa
2 eggs
1 cup sugar
1/2 cup oil
1/2 cup cake meal
1 t instant coffee dissolved in
2 t water
1/2 cup walnuts - chopped

Mix water and cocoa together to make a paste. Set aside.
Beat eggs well.
Add sugar and oil and blend well.
Add cocoa paste. Stir in cake meal, coffee and nuts.
Bake in a greased 20cm pan at 180 for 25-30 minutes.
Cut in squares when cool.



Gan Eden Cake

50 g blanched almonds
50 g bittersweet chocolate
8 eggs - separated
1 cup sugar
1 cup sifted matzo meal
2 t cinnamon
1/2 t salt
1/4 cup honey
1/2 cup wine
1/4 cup orange juice
1 t grated lemon rind

Put nuts and chocolate through food processor, using blade.

Beat egg yolks until thick and lemon coloured, adding sugar gradually. Beat in remaining ingredients gradually, adding nuts and chocolate a little at a time.

Beat egg whites until stiff but not dry.

Fold into batter just until blended. Pour into two round greased and floured baking tins. Bake at 180° for 35-40 minutes. When cool, remove from tins.

Potato Flour Muffins

4 eggs - separated
2 t sugar
2 T cold water
rind of 1/2 lemon
3/4 cup potato flour
1/2 t salt

Beat egg yolks until light.

Add sugar slowly, beating until light and creamy. Add water and grated rind.

Slowly sift in potato flour. Beat egg whites with salt until stiff, and fold into batter.

Fill greased muffin tins half full and bake at 180° for 12-15 mins. Makes 12 muffins.



Pesach Bagels

3/4 cup water
1/3 cup oil
1 cup matzo meal
pinch salt
1 T sugar
3 eggs

Boil water and oil together. Stir in matzo meal, salt and sugar rest until mixture forms a ball.

Remove from heat and add three eggs, one at a time, mixing well each time. Drop spoonfuls on oiled baking tray. Dip fingers into cold water and shape into bagels with hole in middle. Bake at 180° for 45 minutes.

Pesach Sponge Cake

6 eggs - separated
3 T cake meal
3 T potato flour
juice of 1/2 lemon
8 T sugar

Beat egg yolks well with 6 T sugar.

Add lemon juice and beat well.

Fold in cake meal and potato flour.

Beat egg whites till stiff. Beat in 2 extra tablespoons sugar.

Fold into yolk mixture. Spoon into well greased and lined baking tin.

Bake at 160° for 30 minutes.



Pesach Teiglach

1 box cake meal
12 eggs less 3 whites
3 t ginger
4 T oil
2 T brandy
1/2 - 1 cup boiling water
extra ginger and sugar

Syrup

2 tins syrup (2 kilos)
8 cups sugar
10 cups water

Make syrup first by boiling syrup ingredients in large pot. Beat eggs till fluffy. Add ginger, oil and brandy. Beat well. Add cake meal slowly until thick but wet. Take off mix master and by hand add a little more cake meal until mixture is rollable. Make teigels and place in syrup. Place lid on pot and seal by tying a kitchen cloth around the lid. Keep closed for 1/2 an hour, open and stir, close again. Stir every 10 minutes. When ready pour 1/2 - 1 cup boiling water into syrup and stir to loosen teigel. Roll each teigel into a mixture of ginger and sugar.

Hummous

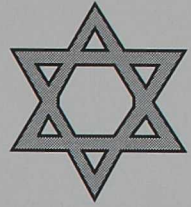
1 cup of chick peas
3 T lemon juice
2 garlic cloves
3 t salt
1/2 t black pepper
1/2 glass tahina

Put the chick peas in a bowl of water and stand overnight. The next day drain water, put the chick peas in clean water and cook in medium temperature for about an hour until it softens. Drain the water and grind the chick peas in food processor. If too dry add some water. Add lemon juice, crushed garlic, pepper, salt and tahina. Mix well and add more spices if needed.

Tzimmes

1 whole fresh brisket
8 carrots - sliced
1 large onion
salt and pepper
1 pkt pitted prunes
2 T syrup
juice of 1 small lemon
potatoes

Brown brisket. Add carrots, onion and water, salt and pepper. Cook slowly for 1 1/2 hours. Add prunes, syrup and the lemon juice. Cook for a further 1 - 1 1/2 hours until meat is tender. Remove onion. Slice meat, pour gravy over and serve with rice. If desired add potatoes 1 hour before.



Shavuoth Potato Soup

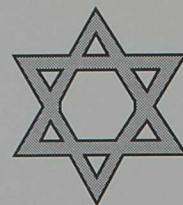
6-8 medium potatoes - cut in quarters
 1 large onion - sliced
 2 chicken stock cubes
 500 ml boiling water
 200 ml orly whip
 salt and pepper

Place potatoes and onion in large dish. Cover and microwave for 12 minutes until soft. Dissolve stock in water. Pour mixture over potatoes. Cover and microwave for 14 minutes. Blend in food processor. Add orly whip and seasoning. Microwave for 6 minutes. Sprinkle with chopped parsley.

Apple Fritters (Rosh Hashanah)

1/2 cup water
 1/2 t baking powder
 1 egg
 vanilla essence
 pinch salt
 1/4 cup sugar
 1 T milk
 1 cup flour
 2 large granny smith apples
 raisins & pecan nuts
 (optional)
 oil
 cinnamon, sugar or honey

Beat egg with milk and water.
 Add dry ingredients and vanilla essence.
 Mix well.
 Peel and slice apples.
 Add to mixture.
 Add raisins and pecan nuts to mixture.
 Fry in hot oil.
 Serve hot with cinnamon and sugar or honey.



Lockshen Pudding

500 g cream cheese
125 ml cream
4 T sugar
3 eggs
125 g butter
250 g lockshen
sultanas or raisins
almonds
cinnamon and sugar

Boil lockshen in salt water and drain.

Mix all other ingredients together.

Add to lockshen.

Place in ovenproof dish. Top with blobs of butter and sprinkle with cinnamon and sugar.

Bake in a 180° oven till brown.

Serve with cream or ice cream and extra cinnamon and sugar.

Pineapple Lockshen Pudding

1 pkt ribbon noodles
3 eggs
3/4 cup sugar
1 t cinnamon
1/2 cup oil
1 tin crushed pineapple
cinnamon and sugar

Boil noodles in salt water.

Beat eggs well. Add sugar, cinnamon and oil. Beat well. Add pineapple and drained noodles. Mix all together.

Place in greased pyrex dish.

Bake at 180° for 20 minutes.

Sprinkle with cinnamon and sugar and bake for another 25 minutes.

Schmaltz

500 g parave
1 bottle oil
4 large onions
6-10 carrots
1 t salt

Grate carrots coarsely.

Slice onions.

Melt fat and oil on a low heat.

Add vegetables and simmer for 1 - 1 1/2 hours until onions are brown.

Strain and bottle.



Never Fail Kneidlach

2 eggs
2 level T Schmaltz
2 T water
salt and pepper to taste
pinch cinnamon
7 rounded T matzo meal

Beat eggs, schmaltz and water well with egg beater. Add matzo meal, salt, pepper and cinnamon to taste. Stir well. Roll into little balls with wet hands. Place in boiling salted water. Put lid on pot. Switch to low and allow to boil gently for 25 minutes. Do not remove lid at all during the 25 minutes.

These ingredients can be doubled for a larger quantity.

Babke

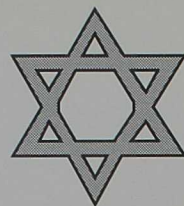
2 cakes yeast
1/2 cup lukewarm milk
1 cup sifted flour
1/2 t salt
1 t sugar
250 g butter
1 cup sugar
3 eggs
6 cups flour
1 glass milk
1 t salt
cinnamon and sugar
extra butter
sugar, flour, butter

Soak yeast in lukewarm milk. When dissolved, add flour, salt and sugar. Put in a warm place and allow to double in size.

Cream together butter and sugar. Add eggs, flour, milk and salt. Add to yeast mixture. Knead. Leave to rise again.

Butter bread tin. Roll out a thin layer of dough. Sprinkle with cinnamon and sugar and dot with butter. Add another layer of cinnamon and sugar. Use up all the layers. Paint the top with egg.

Rub sugar, flour, and butter with fingers till you get thick crumbs. Sprinkle on top. Bake at 180C for 1 hour.



Bulkes

1 large tin ideal milk
 250 g margarine/butter
 1 1/2 cups milk
 1 cup sugar
 2 cakes yeast
 1/4 cup lukewarm water
 melted margarine/butter,
 cinnamon, sugar, raisins
 2 T oil
 3 eggs
 8 cups flour
 2 t salt
 1 t baking powder

Melt the margarine and cool to lukewarm. Place yeast in a bowl and add flour, baking powder, sugar and lukewarm water.

Cover and stand 10 minutes to prove. Heat ideal milk, milk, oil and cool to lukewarm. Beat eggs and sugar very well till pale. Sift flour and salt.

Place flour in a bowl. Make a well in centre and add yeast mixture and egg and sugar mixture. Cover with balance of flour. Add milk and oil mixture. Lastly add melted margarine and mix with a wooden spoon to form a soft dough. Place in a large plastic bowl and close lid. Allow to rise 8 hours or overnight. When doubled in bulk pour a little melted butter on hands and knead.

Pickled Herring

3 herrings (cleaned but leave
 skin on)
 1 large onion sliced thin
 1 cup of vinegar
 1/4 cup water
 1 T brown sugar
 3 bay leaves
 1 t mixed whole spice
 (optional)
 2 T sour cream (optional)

Fillet and soak herrings overnight. Slice herrings and layer with onions in glass jar.

Sauce:

Parboil vinegar, water and sugar (cool completely). Add liquid to jar, bay leaves and spices. Pour in cream and shake jar to distribute. Cover and let stand 24 hours before serving.



Mock Chopped Herring

1 tin tuna
1 tin middlecut
1/2 pt crushed marie biscuits
2 hard boiled eggs
2 onions (small, grated)
2 apples (grated)
dash cinnamon
2 t sugar
1/2 - 1 t salt
3 T vinegar

Mix well.

Add more salt or vinegar according to taste.

Serve on a platter.

Decorate with grated hard boiled egg.

Chopped Herring

1 onion
3 herrings
white vinegar
3 apples
1 pkt marie biscuits
5 hard boiled eggs
sugar to taste
pinch pepper

Clean, fillet and soak the herrings in water overnight. Soak marie biscuits in vinegar. Mince together all ingredients, keeping 2 eggs aside for decoration.

Add sugar and pepper to taste. Decorate with grated egg.

Pineapple Herring

3 herrings (filleted)
1 small tin pineapple pieces
1 cup mayonnaise

Clean and soak herrings overnight. Roll herring fillets around pineapple pieces and secure with a toothpick. Arrange in a dish. Add juice of pineapple to mayonnaise a little at a time and mix well. Pour over herring. Allow to stand for two to three days.



Danish Herring

6 herrings
1 cup brown vinegar
1 cup sugar
1 cup tomato puree
1/4 cup oil
1 heaped t prepared mustard
1/4 t pepper
1 cup diced sour apples
1 cup onions, chopped

Fillet and soak herrings overnight. Mix the vinegar, sugar, tomato puree, oil, mustard and pepper very well.

Stir in the diced apples and chopped onions. Slice herrings and add to sauce. Refrigerate and let stand for 2-3 days before eating.

Mustard Herring

12 herrings (soaked and filleted)
750 ml white vinegar
8 peppercorns
4 large bay leaves
12 eggs
1 1/2 cup sugar
1 level T mustard powder
water
4 onions, sliced

Boil vinegar, peppercorns and bayleaves for 5 minutes, then cool and strain.

Beat eggs well. Add sugar and beat till thick. Make a paste with the mustard powder and water. Add to egg mixture. When vinegar is cool, add slowly to egg mixture. Beat well. Pour whole mixture back into pot and bring to the boil stirring constantly. Cool. Slice herrings and onions and layer with sauce.

These ingredients can be halved for a smaller quantity.



Bulgarian Cheese Bourekas

1 1/2 cups flour
100 g margarine or butter
1/2 t salt
75 g grated cheese
125 g cottage cheese
1 onion

Mix together all ingredients and put in magimix to form into a dough.

Fry onion.

Roll dough and cut into long strips approx. 10 cm wide. Cut into even triangles.

Place 1 t of fried onion in centre and roll from the base to the point of each triangle.

Paint with egg, sprinkle with sesame seeds and bake for 15 minutes at 200° until light brown.

Perogen

Filling:

1 kg ox lung
1 kg beef (soup meat)
3 onions
2 T oil
salt and pepper to taste

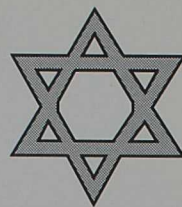
Dough:

1 cube fresh yeast
5-6 cups of flour
1 dessertspoon salt
2 T sugar
2 T oil
lukewarm water

Dissolve yeast with sugar and little lukewarm water in a paste and leave till bubbles appear. Add all other ingredients and form into a workable dough. Cover and leave to rise in a warm place. Chop up the onion and half fry in oil. Boil the meat for 1/2 hour to 1 hour and mince meat and onions together with the oil left over from frying the onions. Add and mix together with the pepper and salt to taste.

Roll out the dough thinly and cut into small circles approx 6 cm. Place 1 T of the minced filling in the centre of each circle. Press sides together firmly to form a perog. Place them onto a well-greased baking sheet and leave to rise in a warm place.

Heat oven to 200°C. Brush the perogen with beaten egg and bake for about 1/2 hour until golden brown. Remove when ready and brush with chicken fat.



Cholent

1 1/2 kg short rib of beef
 1/2 cup butter beans
 1/2 cup sugar beans
 1/2 cup barley (or 1/2 pkt
 soup mix)
 4 potatoes, peeled and halved
 1 large onion, chopped
 3 carrots, sliced
 1 cup pumpkin, cubed
 oil
 1 T syrup
 1 beef cube
 1 t salt
 1/4 t pepper
 1 t paprika
 water to cover

Soak beans overnight and drain. Wash meat and barley. Sauté chopped onion in a little oil till soft.

Remove and brown meat well. Place meat in the centre of a large casserole dish. Add the onion, beans, barley, potatoes, carrots and pumpkin, placing all around the meat. Add the rest of the ingredients and enough water to cover top of ingredients.

Cover and cook in oven at 160° for 5-6 hours, adding more water if necessary.

This cholent can be cooked very slowly on a low heat overnight.

Petzah

1 cows heel
 3 bayleaves
 6 peppercorns
 2 onions
 3 cloves garlic
 salt and pepper
 water to cover
 2 hard boiled egg

Bring to the boil and simmer until meat falls off the bone.

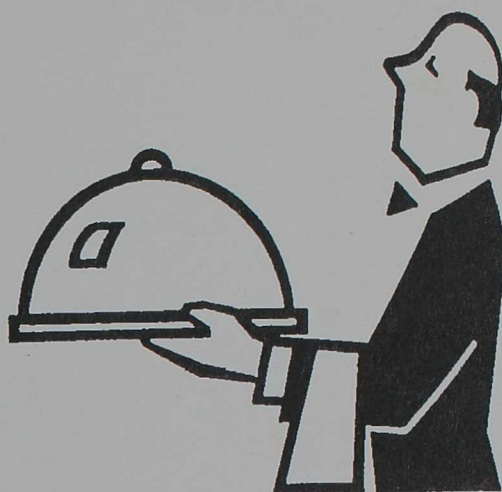
Cool and remove bones, bay leaves and peppercorns.

Mince everything together. Pour into dish. Add sliced hard boiled eggs to decorate and allow to set.

GOURMET

Page No

183	Piroshki
183	Avocado Starter
184	Kingklip Shells
185	Liptauer Cheese Rolls
185	Chicken Livers Portuguese
186	Artichokes with Avocado Sauce
187	Hors D'Ouevres Soufflé
188	Mushroom Margarita
189	Trout and Smoked Salmon Mousse
190	Fish Fillets with Asparagus
191	Kingklip with Green Peppercorn Sauce
192	Mock Prawns Peri-Peri
193	Chicken Cumberland
194	Roast Lamb with Peppercorn Crust
194	Rack of Lamb with Garlic & Herb Crust
195	Mexican Pineapple Meat Loaf
196	Wellington Beef
197	Veal Marengo
198	Meringue Nut Gateau
199	Apple Dumplings in Butterscotch Sauce
199	Strawberry Fluffy Sorbet
200	Mango Liqueur Crêpes
201	Chocolate Nut Crunch
201	Meringue Roll
202	Chocolate Chiffon Cake
202	Almond Chocolate Cups







Piroshki

Pastry:

2 cups flour
1/2 t salt
250 g butter
250 g cream cheese

Filling:

30 g margarine
3 spring onions
1 pkt mushrooms
2 T flour
60 g cream cheese
2 hard boiled eggs
salt & black pepper
1 egg
sesame seeds

Margaret Meyerov

Sift flour and salt into bowl.

Grate in butter then mix in cheese and blend together to form dough.

Wrap in greaseproof paper and chill for a few hours before using.

Fry sliced spring onion lightly in margarine. Add sliced mushrooms and cook until liquid has disappeared.

Stir in flour then add cheese, chopped egg and season with salt and black pepper.

Roll out dough and cut into rounds.

Place a spoonful of filling in centre of each round. Moisten edges with egg or water and press into a semi-circle. Brush with beaten egg, sprinkle with a few sesame seeds and bake at 200° for approximately 20 minutes.

Advocado Starter

2 spring onions - chopped
2 T oil
125 g mushrooms, sliced
2 T wine vinegar
4 T oil
garlic salt, black pepper
1 T lemon juice
125 g diced smoked beef

Pauline Carr

Saute onion in oil until tender. Add mushrooms. Cook for 3 minutes.

Leave in a bowl to cool.

Add wine vinegar and oil.

Season with garlic salt and black pepper.

Add lemon juice, finely diced smoked beef.

Marinade. Serve in an avocado half.



Kingclip Shells

Ready sliced white or brown
protein bread - crusts
removed

butter or margarine

Filling:

1 large onion, chopped

2 T butter

1 cup thick mayonnaise

2/3 cup emmentaler/gruyere
cheese

1 cup sweetmilk/cheddar
cheese - grated

1/2 t worcester sauce

3 cups cooked kingclip - diced
salt, black pepper, paprika

1/4 t mustard powder

June Edelmuth

Butter bread on both sides.

Press into muffin tins and leave corners to
stand up.

Bake at 180°C for 15-20 minutes or till crisp.

Filling:

Fry onion in butter till soft. Drain.

Mix onions with all other ingredients for filling.
Return to heat a few minutes.

Fill each crisply baked shell with filling.
Sprinkle with paprika.

Serve immediately on a bed of dry shredded
lettuce or lettuce leaves. Makes approx 20.

Note:

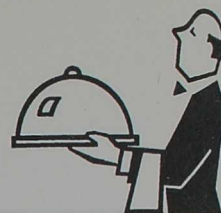
Do not freeze.

To cook kingclip, place in a pot with water, a
little lemon juice, salt and pepper.

Boil for approx. 15-20 minutes till cooked but
firm. Cool and break into pieces.

Filling can be made in advance.

Bread cups cannot be made in advance.



Liptauer Cheese Rolls

12 small round rolls
 3 chopped anchovies
 1 small onion - grated
 1/2 cup milk (hot)
 2 1/2 cups grated cheddar cheese
 5-8 capers chopped
 1 t mustard powder
 little paprika

Toby Gottlich

Beat cheese into milk until creamy.

Add all other ingredients. Slit tops of rolls and scoop out some of the dough.

Fill each roll with filling. Close lids and brush well with garlic butter.

Place on a baking sheet and bake at 200° for approx. 10 minutes.

Chicken Livers Portuguese

1 large onion - chopped
 1/3 cup peri-peri oil
 2 x 250 g pkts chicken livers
 - cleaned and washed
 1/4 cup sunflower oil
 1/2 cup tomato sauce
 1/4 cup white wine
 1/2 cup water
 salt, black pepper, paprika
 peri-peri powder to taste
 1/4 t chilli paste or sauce
 1 t combination of
 processed chillis, garlic
 and ginger

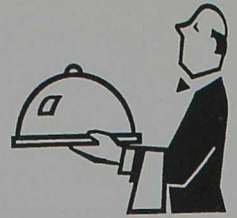
June Edelmuth

Fry onion in peri-peri oil till soft and golden. Set aside. Fry liver in sunflower oil till cooked. Add remaining ingredients to onion mixture and bring to the boil. Add liver to onion mixture and cook further 5-10 minutes. If sauce is a little too thick, add water. Check spices. Serve with Portuguese rolls for dipping.

Note:

Can be made in advance and reheated.

To make chilli/garlic/ginger combination, process together 2 peeled cloves, garlic, 2 chillis with seeds removed and just under 1cm slice of fresh ginger (peeled). Use only 1 t of mixture. Store in fridge covered with a thin layer of oil.



Artichokes with Advocado Sauce

2 tins artichokes
1 crushed clove garlic
1 bay leaf
6 pepper corns
3/4 t mixed herbs
1/4 t sugar

Sauce:

1/2 cup mashed avocado
1 T lemon juice
1/2 t onion salt
1/4 t prepared mustard
1/2 t sugar
3 T cream
3 T mayonnaise

Rica (Woolf) Benater

Put artichokes and liquid in a pot.

Add all other ingredients.

Bring to the boil.

Cover and simmer for 5 minutes.

Place artichokes in a deep dish and pour over the liquid. Do not strain.

Allow to cool.

Mash enough avocado to measure 1/2 cup.

Add lemon juice, onion salt, mustard, sugar, cream and mayonnaise.

Blend in blender till smooth.

Add more cream and mayonnaise if necessary.

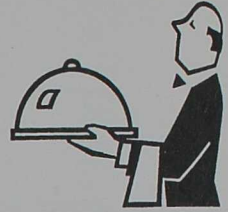
Pour into bowl.

At this point add pip to mashed avocado mixture to prevent avocado going black.

Cover and chill till ready to serve.

Place artichokes on plates.

Spoon over the sauce.



Hors D'Ouevres Soufflé

60 g butter
1/2 cup flour
2 cups warm milk
4 eggs, separated
pinch baking powder

Filling:

2 tubs cream cheese with
chives (or add fresh spring
onion)
1 T mayonnaise
2 T cream
1/2 t salt
dash cayenne pepper
few drops peri-peri
small strips of smoked
salmon

Toby Gottlich

Melt butter in a pot.

Add flour and then gradually add warm milk.
Cook until quite thick, stirring constantly.

Cool slightly.

Beat in egg yolks, one at a time and add
seasoning to taste.

Beat egg whites and baking powder (this
helps prevent the souffle from collapsing too
easily) until firm, but not stiff.

Fold into the white sauce mixture first a little
of the egg whites and then very carefully the
remainder with a metal spoon.

Grease swiss roll tin and line with greaseproof
paper.

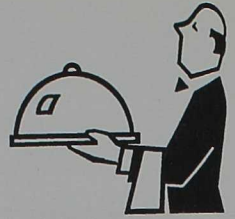
Grease and flour well.

Bake at 160° for 40-45 minutes.

Roll up quickly in a damp serviette.

When cold unroll and fill with filling.

Decorate the top with cream cheese strips of
smoked salmon and a sprinkling of paprika.



Mushroom Margarita

2 pkts black mushrooms
1 tin asparagus cuts
aromat
1 cup grated cheddar cheese
1/2 cup mayonnaise
1/2 cup breadcrumbs
little chopped parsley

Sauce:

60 g margarine
3 T flour
reserved asparagus juice
1 1/2 cups milk
1/2 cup cheddar cheese
salt, black pepper

Margaret Meyerov

Trim stalks of mushrooms.

Wipe the mushrooms with a damp cloth.

Sprinkle a little salt over and place mushrooms in a greased ovenware dish.

Combine cheddar cheese, drained asparagus (reserving juice), mayonnaise and crumbs together.

Place a spoonful of mixture on top of each mushroom.

Melt margarine in pan.

Add mushroom stalks and cook for a few minutes.

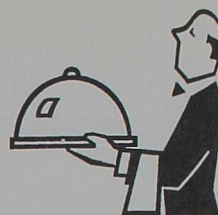
Stir in flour and add gradually the reserved asparagus juice and milk, stirring continuously until mixture thickens.

Add cheese and seasoning.

Sauce must be thin - if too thick, add a little milk.

Soon sauce over mushrooms and sprinkle with a little parsley.

Bake at 180° for approx. 20 minutes, until hot and bubbly.



Trout & Smoked Salmon Mousse

500 g smoked salmon
500 g smoked trout filleted
500 g butter
250 ml cream
pink colouring
caviar
ice cubes
salt and black pepper

Sauce:

125 ml cream
125 ml creamed horseradish
sauce

Rhoda & Carla
(Bon Appetit Caterers)

Blend the trout in food processor and then set this mixture aside.

Blend the smoked salmon.

Add 250 g softened butter to the trout and mix gently.

Add rest of butter to the salmon and mix gently.

Fill a large bowl with ice cubes.

Put the trout and butter mixture into a small bowl and place over the ice.

Beat in half of the cream (very cold) until smooth and fluffy.

Remove this bowl from the ice and put it in the fridge while working with the salmon.

Repeat this same process with the salmon.

Put salmon and butter mixture in a bowl over the ice and again beat in 125 ml of very cold cream.

Add a drop of pink colouring to salmon.

Season to taste if necessary.

A little salt and black pepper may be needed.

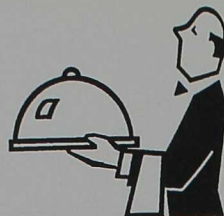
Grease your mould.

Place the trout mixture into the mould first.

Then layer caviar over the trout.

Finally smooth in the salmon mixture.

Cover and refrigerate for at least 24 hours to set. Turn out and serve with the creamy horseradish.



Fish Fillets with Asparagus

8 fish fillets
flour
2 eggs
2 T milk
3 cups fresh bread crumbs
60 g butter
2 T oil

Sauce:

30 g butter
1 onion
1 cup milk
470 g asparagus cuts
1 T chopped parsley
2 T flour
3 t french mustard
1/2 cup dry white wine
1/2 cup cream
salt, pepper

Rica (Woolf) Benater

Skin fish and coat with flour, dipped in combined beaten eggs and milk.

Coat well with crumbs and refrigerate until firm.

Melt butter with oil in large pan.

Add fish and cook till golden on both sides.

Serve with sauce.

Melt butter.

Add peeled finely chopped onion.

Cook until onion is transparent. Add flour and mustard.

Stir until smooth.

Remove from heat.

Add milk and wine.

Return to heat.

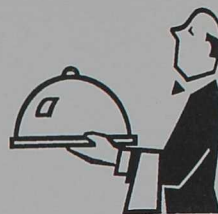
Stir over medium heat until sauce boils and thickens.

Add drained asparagus cuts.

Simmer for 2 minutes.

Add cream, parsley, salt and pepper.

Heat without boiling.



Kingklip with Green Peppercorn Sauce

June Edelmuth

4-6 portions kingklip
salt, black pepper, seafood
spice
butter for frying
2 bananas

Sauce:

1/4 t vegetable stock powder
2 T boiling water
1 cup cream
2 T port
2 1/2 T green peppercorns in
bottle or can
1 t brown gravy powder
1 t lemon juice
pinch of sugar, salt, parsley
1/2 t freshly ground black
pepper
5 T butter
2 t flour

Season fish and fry in butter till cooked.
Place in casserole dish.

Cut bananas in half lengthwise and in half
again.

Fry in butter to soften slightly.

Place a banana strip on each piece of fish.
Keep warm in oven.

Combine stock powder and hot water to
make stock.

Add cream, port, green peppercorns, brown
gravy powder, lemon juice and spices.

Melt butter and add flour.

Cook for 1 minute.

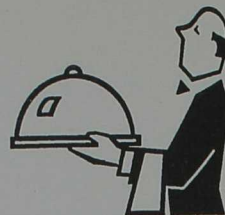
Remove from heat and add cream mixture,
mixing gradually.

Return to heat and mix till thickened.

If sauce is too thick, thin down with a little
extra cream.

You can either pour hot sauce over each
serving of fish when on individual plates, or
pour sauce over casserole with fish just before
bringing to the table.

To decorate sprinkle with chopped parsley



Mock Prawns Peri-Peri

1-2 kg kingklip or angel fish
1 egg
1 T lemon juice
2 heaped T flour
1 heaped T maizena
1 heaped t fish spice
1/8 t peri-peri powder
6 T water
1 t salt
1 t baking powder
button mushrooms (fresh)
1 cup oil
tooth picks

Sauce:

2 sliced green peppers
1 1/2 cups sliced onions
3 stalks celery - chopped
6 stalks parsley - chopped
1 can whole tomatoes
2 T tomato sauce
1/8 t peri-peri powder
2 crushed cloves garlic
3 T oil
1/2 t salt
1/2 t black pepper

Freda Koppel

Slice fish into long thin strips about 1 1/2 cm thick and wide, about 15 cm long.

Wind each strip around a mushroom so that you have a coil. Secure with a toothpick or two.

Make a batter of the egg, flour, lemon juice, salt, maizena, fish spice, peri-peri, water and baking powder, adding the water tablespoon by tablespoon until the consistency of thin cream. Heat oil in heavy pan.

Dip the 'prawns' into the batter.

When oil is really hot carefully place 5 or 6 prawns and turn down heat to medium/low. Fry for about 3 or 4 minutes per side until light brown. Remove from oil and continue to fry the rest.

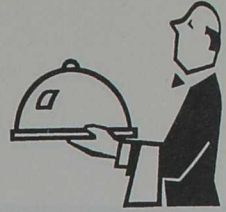
Drain on absorbent paper towelling.

Fry the onions till pale yellow in colour.

Add celery and green peppers. Fry for another minute or two.

Add all the other sauce ingredients and garlic. Mash ingredients, while stirring. Check seasoning - a pinch of sugar might be needed. Keep sauce aside until ready to be served.

Remove toothpicks. Heat sauce and immerse the 'prawns' when hot. Serve on rice with black olives and lemon wedges.



Chicken Cumberland

8-10 chicken breasts
flour
beaten egg
breadcrumbs
2 cups cooked brown rice
2 T chopped parsley
1/2 t salt, black pepper
1/2 t mixed herbs
1/4 cup chicken stock
1 T oil

Sauce:

1 tin seedless grapes
1 tin mandarins
1 1/2 cups chicken stock
2 T lemon juice
2 T soya sauce
1 T tomato sauce
1 brown sugar
1/2 t ginger
4 T maizena

Margaret Meyerov

Place chicken breasts on plastic wrap. Cover with plastic wrap and flatten with a mallet. Combine rice with parsley, seasoning, oil and stock.

Place a little mixture on each breast then tuck in sides and roll up like an envelope.

Skewer with toothpicks if necessary.

Beat egg with a little salt, then dip each roll in flour, then beaten egg and finally roll well in seasoned crumbs. Fry slowly in hot oil on both sides then drain on brown paper.

Put aside.

Drain fruit and put aside.

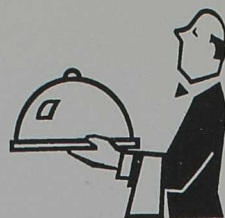
In pot, combine stock, fruit juice, lemon juice, soya and tomato sauce and sugar.

Bring to boil.

Mix maizena with a little water and add to boiling liquid, stirring continuously until sauce thickens slightly.

If necessary, adjust taste. Add fruit.

Heat chicken rolls in a pyrex dish covered with foil and serve with hot sauce and different vegetables.



Roast Lamb in Peppercorn Crust

- 2 1/2 kg rolled shoulder of lamb
- 3 T crushed dried peppercorns (white, black, green)
- 1 T fresh rosemary leaves or 1 1/2 t dried
- 1/2 cup fresh mint leaves
- 5 garlic cloves - crushed
- 1/4 cup soya sauce
- 1/2 cup raspberry vinegar
- 1/2 cup dry red wine
- 2 T prepared mustard

Pauline Carr

Combine 1 T crushed peppercorns, rosemary, mint, garlic, vinegar, soya and red wine in a shallow bowl. Marinade overnight.

Remove from marinade and reserve marinade. Spread mustard over meat and pat 2 T of crushed peppercorns into mustard.

Set roast in shallow roasting pan and pour over reserved marinade.

Bake at 180° for 1 1/2 hours basting occasionally.

Rack of Lamb with Garlic & Herb Crust

- 2 racks of lamb (6 chops in each)
- 2 cloves garlic - crushed
- 2 T chopped parsley
- 2 t rosemary
- 2 t chopped chives
- 2 t brown sugar
- 1/2 cup breadcrumbs
- 1 chicken stock cube
- 1 T lemon juice
- 30 g melted cardin

Rhoda & Carla
(Bon Appetit Caterers)

Using a sharp knife, trim away excess fat from outside of racks.

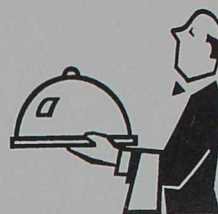
Place racks upright in roasting dish and cover each bone with foil.

Combine remaining ingredients in bowl and stir until well mixed.

Press mixture firmly onto each rack.

Bake in 180° oven for about 45 minutes or until cooked as desired.

Stand racks for 5 minutes to make cutting easier.



Mexican Pineapple Meat Loaf

1 kg beef mince
 2 T chopped parsley
 1 t vegetable or beef stock powder
 2 medium onions - chopped
 1 cup breadcrumbs
 1 apple - peeled and grated
 1 egg
 1 t tumeric, 1 t paprika
 1/4 t cayenne pepper
 1/2 t mustard powder
 few drops peri-peri
 1/2 t salt, 1/2 t pepper
 3/4 t cinnamon, 1/4 t ginger
 1 cup cold water

Sauce:

3 T oil
 1 medium onion - chopped
 1-2 cloves garlic - crushed
 1 green pepper - chopped
 1 t salt, 1 t paprika
 1/2 t black pepper
 3/4 t cinnamon, 1/2 t ginger
 pinch of cayenne pepper
 2 t sugar
 few drops peri-peri
 1 t chicken stock powder
 1/2 cup boiling water
 1/2 cup extra pineapple or mango juice (added to tin of pineapple chunks)

cont.

June Edelmuth

Combine all ingredients except water.
 Gradually add water and mix with hands.
 Grease a 10 x 23 cm loaf pan and press mince into pan.

Bake at 180° for 35 minutes.

Remove from oven and unmould into casserole dish.

Cover with sauce and topping and bake for a further 45-60 minutes basting frequently.

Method for sauce and topping:

Heat oil and fry onion till soft. Add garlic and green pepper and fry a further 2 minutes.

Add spices, sugar, peri-peri sauce, water mixed with stock powder, fruit juice and chopped whole tomatoes with juice, tomato sauce and chopped fresh tomato.

Simmer for 10-15 minutes.

Set aside to cool.

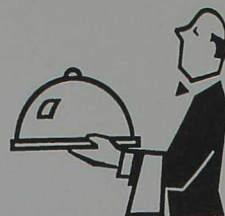
Mix maizena with cold water and pour into sauce mix.

Pour sauce over loaf.

For topping place blobs of chutney on top.

Cover with canned pineapple and sprinkle with brown sugar.

For a buffet, double quantities and bake in a very big loaf pan.



1 x 410 g tin whole tomatoes -
chopped
2 T tomato sauce
1 fresh tomato - skinned and
chopped
2 T maizena
2 T water

Topping:

1/3 cup chutney
1 x 440 g tin pineapple chunks (juice used in
sauce)
3 T brown sugar

Wellington Beef

3/4 cup oil
6 slices frozen raisen rib or
first rib steak
2 sliced onions
2 bay leaves
1 pkt kashered chicken livers
6 large brown mushrooms
1/2 t dry mustard
1/2 t garlic salt
1 t chicken soup
1 T gravy powder
1/2 t freshly ground black
pepper
1 cup water
1 1/2 kg parev flaky pastry

Freda Koppel

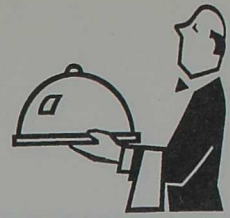
Fry onions in oil till pale honey colour. Remove and retain. Raise the temperature of the oil.

Using the same oil fry the steaks about 3 mins per side on very high. Season with mustard. Remove.

Fry the livers in oil with the mushrooms. Add garlic salt and fry for about 3 or 4 minutes. Remove. Add pepper, soup powder, onions, bay leaves and bisto to the pan. Add water so that a thin gravy forms. Remove bay leaves.

When all the above are quite cold divide the pastry into 6 equal pieces and roll out to 1/2 cm thickness oblong about 12 x 20 cms.

Place in centre of each parcel 1 steak, salt and pepper, 1 chicken liver, T gravy, mushroom. Wrap pastry like an envelope around each parcel. Wet the edges and place seam side down on baking tray. Place in freezer for at least 1 hour before baking. Make 2 slits on top surface. Brush with beaten egg and bake at 200°C for 30 minutes.



Veal Marengo

2 kg lean veal
1 onion - chopped
1/2 cup tomato puree
1 T flour
2 cups chicken stock (made
with 2 cups water and 2
chicken cubes)
1/2 cup white wine
(optional)
1-2 cloves garlic - crushed
2 bay leaves
1/4 t thyme
salt and pepper to taste
12 small white onions
mushrooms (fresh or tinned)
1-2 fresh tomatoes or tinned
peeled tomatoes

Toby Gottlich

In a heavy pot fry the veal cubes in oil.

Add onion and tomato puree and cook the mixture for 2 minutes.

Stir in flour and add gradually the chicken stock and white wine.

Add garlic, bay leaves, thyme, salt and pepper. Cover the pot and simmer the meat slowly for one hour.

Saute white onions in a little oil.

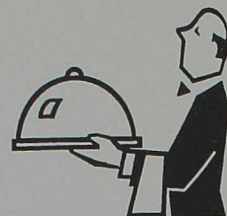
Sprinkle with brown sugar and cook until onions are brown and glazed.

Sauté mushrooms in a little oil for 3-4 minutes.

Peel tomatoes and cut into sections or cut up tinned peeled tomatoes.

Add the onions, mushrooms and tomatoes to the pot and cook for about 30 minutes or until the meat is tender.

Serve with chopped parsley on top and rice.



Meringue Nut Gateau

180 g blanched roasted almonds
150 g blanched roasted hazelnuts
230 g sugar
20 g flour
7-8 egg whites

Custard Filling:

2 eggs
3 egg yolks
125 g castor sugar
50 g cake flour
400 ml hot milk
5 ml vanilla essence
50 g butter
250 ml whipped cream

Chocolate Mouse Filling:

250 g dark chocolate
190 ml sugar
60 ml water
5 egg yolks
2 eggs
375 ml thick cream
25 ml rum
icing sugar

Rhoda & Carla (Bon Appetit Caterers)

Crush almonds and hazelnuts very finely. Add flour and sugar. Beat whites till stiff not dry. Lightly fold in nuts and flour mixture. Put baking paper on baking tray or swiss roll tin and spread meringue mixture over this. Bake at 180° for 1 hour. Cool and cut into 3 lengthwise.

Beat eggs and egg yolks together with castor sugar till fluffy. Fold in flour, add hot milk and vanilla essence. Cook mixture in heavy based pan stirring all the time till thick. Strain through sieve. Add butter to mixture in small pieces. When cold, fold in whipped cream.

Melt chocolate in double boiler over hot not boiling water. Transfer melted chocolate to a metal bowl Allow to cool slightly. In another saucepan cook sugar and water together over moderate heat until sugar has dissolved. Bring syrup to boil and increase heat without stirring. Boil until syrup reaches soft ball stage. Beat egg yolks and eggs until thick and pale. Pour syrup in a steady stream into egg mixture beating continuously for 10 minutes. Fold in melted chocolate and chill mixture for 10 mins. Beat cream till stiff. Fold cream and rum into chocolate mixture. Spread chocolate mousse on 1st layer of meringue. Cover with 2nd meringue layer. Spread custard filling over this layer. Cover with third meringue layer. Dust top with icing sugar.



Apple Dumplings in Butterscotch Sauce

2 green apples
1 cup self-raising flour
2 t sugar
60 g butter
2 T water
pinch salt

Sauce:

30 g butter
1 cup brown sugar
1 T golden syrup
1 1/2 cups water

Toby Gottlich

Sift flour, salt and sugar in a bowl.

Rub in butter. Add water and mix into a soft dough. If necessary add a little more water. Divide dough into 8 equal portions. Peel, quarter and core the apples. Press each portion dough flat and carefully cover each apple quarter completely with one portion. Put in ovenproof dish.

Combine all ingredients for sauce and stir over low heat until sugar is dissolved. Bring to boil and remove from heat.

Pour sauce over dumplings and bake uncovered in 180°C oven until pastry is golden. Serve warm with cream or ice cream.

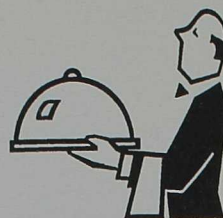
Strawberry Fluffy Sorbet

2 egg whites
1 cup sugar
3 cups fresh strawberries or
stoned halved plums or
apricots
juice of half a lemon

Freda Koppel

Place all ingredients in mixer and beat for 5 minutes on medium/high till opaque and fluffy. Freeze in individual wine glasses or in a serving bowl.

Can be served after 2 hours. Keeps well in freezer. Serves 8-10.



Mango Liqueur Crêpes

1/4 cup plain flour
pinch salt
2 eggs
3/4 cup milk or water

Filling:

125 g margarine or butter
4 T sugar
2/3 cup orange juice
2 x 470 g cans sliced
mangoes
2 T lemon juice
2 T Cointreau
2 T brandy

Rica (Woolf) Benater

Sift dry ingredients into bowl. Add eggs and stir until mixture is smooth and free of lumps. Gradually add milk or water.

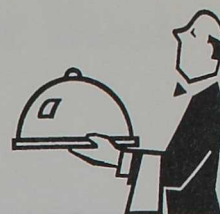
Mix to a smooth batter. Allow to stand for at least 30 minutes.

Heat pan and grease well. From a small jug pour 2-3 T mixture into pan and swirling batter evenly around pan cook over medium heat until light golden brown. Toss or turn crêpes. Cook on other side. Repeat with remaining mixture. Turn crêpes onto a cloth and cover as each one is done.

For filling melt margarine in frying pan. Add sugar and stir until sugar is golden brown. Add orange and lemon juice. Stir until sugar has dissolved. Add cointreau and brandy. Set aflame. When flames die, simmer sauce gently for 2 minutes.

Remove pan from heat. Drain mango slices. Cut into small cubes. Divide mango pieces between crêpes and fold each crêpe in half then into quarters.

Place into sauce, return pan to heat and simmer for a further 2 minutes or until crêpes are heated through, spooning sauce over crêpes. Top if desired with a scoop of vanilla ice cream.



Chocolate Nut Crunch

360 g butter - softened
 360 g chocolate - melted
 180 g castor sugar
 360 g nuts - chopped
 375 ml milk
 375 ml cream - whipped
 1 pkt boudoir biscuits

Rhoda & Carla
(Bon Appetit Caterers)

Beat butter and sugar until very white and fluffy. Add chocolate, a little at a time. Add nuts, milk and cream. Add the ingredients very slowly to avoid too soft a mixture. Pour mixture into a glass bowl or a springform tin lined with boudoir biscuits. Put in fridge to chill and set for at least 6 hours. Decorate with chopped nuts.

Meringue Roll

4 egg whites
 3/4 cup castor sugar
 1 T sugar
 1 t cinnamon
 1/2 cup flaked almonds

Filling:

2 sachets only whip
 4 T icing sugar
 100 g black chocolate
 1/2 t cinnamon

Margaret Meyerov

Grease and line a swiss-roll tin with wax wrap or foil and grease again. Combine sugar and cinnamon. Put aside. Beat egg whites very well and when stiff, add castor sugar gradually. Continue to beat until mixture forms a stiff meringue. Place in baking tray. Sprinkle with sugar mixture and nuts. Bake at 180° for 12 minutes. While meringue is baking, make filling.

Melt chocolate in double-boiler. Beat only whip. Add icing sugar and cinnamon. When fairly stiff, add melted chocolate. Remove meringue from oven and turn out onto foil. Remove paper, let cool slightly. Cover with filling and roll up lengthways. Make only 2 folds. Freeze. Serve from freezer.



Chocolate Chiffon Cake

1 cup flour
1 cup sugar
2 T cocoa
4 eggs - separated
1/2 t salt
3 t baking powder
1/2 cup oil
1/2 cup water

Vassi's Chocolate Icing:

250 g dark chocolate
1/2 cup sugar
1/2 cup water
250 g butter
coffee essence or rum
(optional)

Freda Koppel

Combine flour, sugar, cocoa, 2t baking powder, oil and water. Separate eggs. Beat whites until stiff with 1 extra tsp baking powder. Add beaten egg yolks with flour and chocolate mixture. Fold gently into whites. Bake in ungreased tube pan for 20-30 minutes at 180°C. Invert tin and allow cake to fall from tin when cold. Ice as follows:

Grate dark chocolate.

Boil together sugar and water to form soft ball. Add grated chocolate to syrup and beat in mixer till cool. Add soft butter (not margarine) and beat about 1 minute. Cover the cake while mixture is still runny. Allow to cool on the cake. Any extra chocolate can be reheated for another cake.

Almond Chocolate Cups

150 g slivered almonds
250 g dark chocolate
rum or coffee essence to
taste
small foil patty cases

Rica (Woolf) Benater

Toast almonds being careful not to burn them. Allow to cool.

Melt chocolate in a double boiler.

Add almonds and essence to taste. Mix well.

Drop teaspoons of mixture into foil cases.

Refrigerate until set.

If chocolate becomes hard add a knob of margarine or butter and mix quickly.

King David School Recipe Book

Index

Biscuits and Small Cakes	<i>Page No.</i>
Apricot Biscuits	155
Bar One Biscuits	161
Bran Muffins	165
Cherry Nut Biscuits	159
Choux Pastry	166
Cinnamon Biscuits	164
Cinnamon Cookies	164
Cinnamon Twists	164
Crumpets	165
Custard Sawa Biscuits	156
Date Biscuits	162
Date Fridge Biscuits	158
Delicious Fruit Biscuits	154
Doughnuts	155
Drop Scones	160
Florentines	154
Fridge Biscuits	157
Fruit Squares	153
Fudge Biscuits	153
Ginger Biscuits	158
Jungle Oats Biscuits	160
Kourabiedes	159
Lamingtons	162
Melting Meringues	156
Nutty Chocolate Biscuits	157

King David School Recipe Book

Index

Biscuits and Small Cakes

Page No.

Party Cookies	155
Peanut Meringues	156
Rice Krispie Biscuits	161
Romany Creams	166
Rum Rolls	161
Sesame Seed Biscuits	163
Toffee Nut Crisps	163

Cakes and Tarts

Almond Tart	140
Apple Cake	150
Apple Tart with Cinnamon Pastry	143
Blitz Torte	141
Brandy Tart	139
Brazilian Symphony	144
Cheese Cake	149
Chocolate Chiffon Cake	202
Chocolate Gateau	148
Chocolate Nut Crunch	201
Date Cake	142
Easy Milk Tart	140
Fridge Cake	149
Fridge Cheese Cake	146

King David School Recipe Book

Index

Cakes and Tarts

Page No.

Fruit Cake	145
Ginger Chiffon Cake	147
Grenadilla Cake	145
Impossible Tart	139
Israeli Chocolate Cake	148
Lemon Meringue Pie	141
Mon Cake	144
Pyramid Cheese Cake	146
Spice Cake	143
Wholewheat Carrot Cake	147
Yoghurt Cake	142

Cocktails and Dips

Avocado Dip	17
Brinjal Dip	16
Brinjals in Mayonnaise	18
Caviar and Egg Delight	13
Cheese Puffs	12
Crumbed Mushrooms	12
Curried Chicken Balls	15
Easy Bourekas	10
Filled French Bread	8
French Asparagus Dip	16

King David School Recipe Book

Index

Cocktails and Dips

Page No.

French Loaf Starter	9
Garlic Cheese Dip	17
Hot Herb Loaf	8
Kingklip Shells	184
Liptauer Cheese Rolls	185
Liver Paté	14
Lyonnais Roquefort Ring	13
Piroshki	183
Quick Pizza Pies	10
Savoury Cheese Ball	11
Savoury French Loaf	9
Smoked Mackerel Dip	16
Snoek Paté	14
Spinach Pies	7
Sweet Cheese Ball	10
Tahina Sauce	18
Taramasalata	7
The Royal Cheese Ball	11
Tuna Boat	15

Cold Desserts

Almond Chocolate Cups	202
Apple Plum Pudding	128

King David School Recipe Book

Index

Cold Desserts

Page No.

Boudoir Pudding	131
Champagne Fruit Salad	130
Chocolate Ice Cream Brick	136
Chocolate Mousse	135
Chocolate Nut Crunch	201
Chocolate Pudding	134
Chocolate Truffles	134
Coffee Liqueur Ice Cream	136
Cream Caramel	133
Easy Peppermint Crisp Pudding	129
Frozen Lemon Pavlova	127
Frozen Limousine	132
Lychee Pudding	130
Mandarin Pudding	128
Meringue Nut Gateau	198
Meringue Roll	201
Oranges in Cointreau	132
Pareva Trifle	127
Pineapple Cream Pudding	132
Sherbert Surprise	133
Strawberry Dessert	128
Strawberry Fluffy Sorbet	199
Whisper Pudding	131
White Silky Chocolate Mousse	135
Youngberry Hazelnut Meringue Gateau	129

King David School Recipe Book

Index

Fish	<i>Page No.</i>
Baked Fish	50
Baked Fish with Cheese and Curry Sauce	51
Cheesy Fish Layer	56
Chinese Fish	52
Chinese Fish Fillets	51
Fish Casserole	60
Fish Eggletina	49
Fish Fillets Baked in Techina	55
Fish Fillets in Wine	54
Fish Fillets with Asparagus	190
Fish Kebabs	52
Fried Kingklip in Lychee Sauce	53
Granny's Baked Fish	50
Kingklip in Orange Sauce	53
Kingklip in Wine and Mushroom Sauce	54
Kingklip with Green Peppercorn Sauce	191
Lemon Fish	60
Macaroni with Kingklip	56
Mock Prawns Peri-Peri	192
Rina's Fish Dish	55
Salmon Lasagne	57
Spaghetti and Tuna	59
Tony's Trout	49
Tuna Casserole	58
Tuna Lasagne	57
Tuna Pasta	58
Tuna Supreme	59

King David School Recipe Book

Index

Hot Desserts

Page No.

Apple Dumplings in Butterscotch Sauce	199
Apple Horse Shoe	124
Apple 'n Apricot Pie	119
Baked Pineapples	125
Banana Fritters	121
Bananas Carribean	123
Bread and Butter Pudding	126
Caramel Chocolate Sauce	121
Chocolate Pudding Cake	124
Easy Crêpe Suzettes	122
Ginger Cream Pears	120
Gooseberry Buckle	123
Hot Apple Pudding	125
Hot Fruit Pudding	121
Hot Pareva Pudding	120
Lemon Pudding	122
Malva Pudding	126
Mango Liqueur Crêpes	200
Quick Peach Dessert	123
Rice Apple Crisp	119

King David School Recipe Book

Index

Meat	<i>Page No.</i>
Beef Curry	82
Beef Kebabs	82
Bobotie	83
Brisket in Mustard Sauce	77
Brisket Supreme	78
Chinese Beef Peppers	81
Cutlets Stroganoff	87
Hawaiian Lamb	88
Italian Meat Sauce	86
Lasagne	85
Marinated Scotch Fillet	81
Mexican Pineapple Meat Loaf	195
Milwaukee Brisket	77
Mince Balls in Tomato Sauce	84
Mock Oxtail	88
Monkey Gland Steak	80
Pepper Steak	80
Rack of Lamb with Garlic and Herb Crust	194
Ribeye Roast	79
Roast Lamb with Peppercorn Crust	194
Sautéd Devilled Tongue	78
Shoulder of Lamb	89
Steak with Almonds	79
Stuffed Cabbage Rolls	86

King David School Recipe Book

Index

Meat

Page No.

Sweet and Sour Meatballs	83
Sweet and Sour Spare Ribs	90
Tongue in Piccallili	79
Veal Casserole	87
Veal Marengo	197
Venetian Lamb	89
Wellington Beef	196

Poultry

Almond Chicken	70
Baked Chicken	71
Barbecue Chicken Casserole	71
Chicken Casserole	66
Chicken Cumberland	193
Chicken Exotica	65
Chicken Hacienda	69
Chicken with Cherries	66
Chinese Honey Chicken	63
Chutney Chicken	64
Curried Buffet Chicken	67
Duck with Pineapple	73
Fried Chicken Viennese Style	68

King David School Recipe Book

Index

Poultry

Page No.

Malayan Chicken	65
Mandarin Duck	72
Marinated Chicken	68
Marinated Grilled Chicken	69
Novel Roast Turkey	74
Raisin and Grapejuice Chicken	72
Roast Chicken in Orange Sauce	64
Roast Turkey	74
Spanish Chicken	63
Sweet and Sour Chicken	70

Salads

Artichoke Salad	105
Avocado Pear and Grapefruit Salad	114
Broccoli and Cauliflower Salad	105
Butternut Salad	106
Cauliflower Salad	113
Chinese Cucumber Salad	112
Curried Pineapple Rice Salad	109
Different Carrot Salad	107
Layered Garden Salad	108
Lettuce and Nuts Salad	108
Mixed Bean Salad	107

King David School Recipe Book

Index

Salads

Page No.

Moulded Potato Salad	110
Mozzarella and Tomato Salad	110
Mushroom and Greenbean Salad.....	109
Noodle Salad	113
Pineapple Salad	112
Sephardic Salad	111
Spinach Salad	111
Sweet and Sour Cabbage Salad	106

Salad Dressings

Avocado Salad Dressing.....	114
French Salad Dressing	115
Roquefort Salad Dressing	115
Thousand Island Dressing	114

Pickles

Mixed Pickled Vegetables	116
Pickled Cucumbers	116

King David School Recipe Book

Index

Soups

Page No.

Avocado Cold Soup	45
Borscht or Beetroot Soup	45
Broccoli and Apple Soup	43
Butter Bean Soup	37
Chicken Soup	37
Chilled Carrot Vichyssoise with Mint	46
Chilled Tomato Soup	45
Chinese Corn Soup	39
Cream of Zucchini Soup	42
Curried Carrot Soup	41
Fish Soup	43
French Country Soup	44
Frozen Mixed Vegetable Soup	39
Gazpacho Soup	44
Goulash Soup	38
Mushroom Soup	40
Onion Soup	38
Pumpkin Soup	41
Quick Minestrone	40
Salmon Bisque	43
Split Pea Soup	42
Vichyssoise	46

King David School Recipe Book

Index

Starters

Page No.

Artichokes with Avocado Sauce	186
Asparagus Pie	30
Avocado Flan	25
Avocado Starter	183
Baked Asparagus Roll	31
Chicken Livers Portuguese	185
Hors D'Ouevres Soufflé	187
Hot Asparagus Tart	30
Hot Fried Savoury Asparagus	29
Leek Quiche	27
Mushroom Margarita	188
Mushroom Tart	32
Onion Tart	26
Pattanesca Pasta	34
Peri-Peri Chicken Livers	25
Pineapple Fish	24
Salmon Blinis	33
Salmon Mousse	21
Savoury Gateau	23
Savoury Stuffed Eggs	22
Savoury Tart	26
Snoek Mousse	21
Snoek Tart	31

King David School Recipe Book

Index

Starters

Page No.

Spinach Noodle Casserole	27
Spinach Ricotta Pie	28
Trout and Smoked Salmon Mousse	189
Tuna and Asparagus Roll (Pashtida)	29
Tuna Mould	22

Traditional

Babke	175
Bulgarian Cheese Bourekas	179
Bulkes	176
Cholent	180
Chopped Herring	177
Danish Herring	178
Gan Eden Cake	170
Hummous	172
Lockshen Pudding	174
Mock Chopped Herring	177
Mustard Herring	178
Never Fail Kneidlach	175
Passover Brownies	169
Passover Rolls	169
Perogen	179

King David School Recipe Book

Index

Traditional

Page No.

Pesach Bagels	171
Pesach Sponge Cake	171
Pesach Teiglach	172
Petzah	180
Pickled Herring	176
Pineapple Herring	177
Pineapple Lockshen Pudding	174
Potato Flour Muffins	170
Rosh Hashana Apple Fritters	173
Schmaltz	174
Shavout Potato Soup	173
Tzimmes	172

Vegetables

Baby Marrow and Cheese Pie	94
Baked Mixed Vegetables	93
Baked Pumpkin	96
Candied Carrots	97
Carrot Kugel	100
Cauliflower Cheese	98
Courgettes Provencal	99
French Fried Cauliflower	94

King David School Recipe Book

Index

Vegetables	<i>Page No.</i>
Grilled Garlic Mushrooms	96
Honey Sweet Potatoes	95
Layered Potatoes a La Difference	94
Mushroom Curry	100
Mushroom Fritters	95
Pumpkin Fritters	93
Ratatouille	99
Spinach and Haricot Beans	102
Stir-Fried Cabbage	96
Sweet Carrot Tzimmes	98
Vegetable Lasagne	101
Vegetarian Nut Roast	97

Pick 'n Pay

Hypermarkets, Supermarkets & Superstores

**Making a
Meal of
Quality &
Low Prices**



